

Don't Crack Up This Winter

Whipping winds, dry air, and chilly temperatures can play havoc with our skin. Combine this with central heating and long hot baths and winter can bring out the worst in many skin conditions.

Dr Manjit Kaur, a Consultant Dermatologist at Spire Little Aston Hospital, gives us her top tips on how to keep your skin healthy this winter.



What Effect Does Winter Have On Our Skin?

"During winter the temperature drops and the air humidity is lower; therefore cold winds can strip the natural moisture out of the skin. Central heating indoors can also dry out the skin. If you have a dry

skin condition like eczema, the protective barrier function of the skin is not as effective as it should be, and if the skin dries out, this may precipitate an eczema flare causing redness, flaking and itching".

Dr Kaur's Top Tips on How To Keep Your Skin Well hydrated This winter:

- Avoid too much heat – turn down central heating and don't have superhot baths/showers. This will prevent the natural moisture from being stripped.
- Moisturise, moisturise, moisturise! Thick rich ointments and creams are more effective than lotions – apply liberally immediately after getting out of the shower or bath to lock in moisture and reapply regularly.
- Cut out harsh alcohol based toners/washes and use gentler, fragrance and soap-free cleansers.
- Protect hands and lips – use extra moisturising products such as lip balm and greasy hand ointments throughout the day and reapply at night.
- Wear a sunblock – UVA rays can still be damaging especially on a clear winter day. Wear a high factor, 5* UVA sunblock to protect the deep layers of your skin from both burning and ageing.

- If you suffer from a dry skin condition, try using a humidifier or leaving a bowl of water next to the radiator. This will increase the humidity in the air and leave skin better hydrated.

Fast Access To Dermatology Advice At Spire Little Aston Hospital

If you have a skin problem or need specialist skin advice why not book in to see one of our dedicated dermatologists for a consultation. They have expertise in managing a wide range of skin problems including acne, inflammatory skin disease, skin cancer and allergies. Daytime, evening and weekend appointments are available plus free parking at Spire Little Aston Hospital- just 25 minutes' drive from Birmingham city centre.

