

Get the facts on skin protection

Your skin helps protect you from germs and other harmful things in your life. In fact,

your skin renews every month. But skin also needs to be taken care

of because aging and the outdoors can

damage it. Luckily, there are some simple ways to keep your skin

looking vibrant and healthy.



AndreyPopov, child and doctor; Nortonrsx, man; LueratSaticho, art illustration, courtesy iStockphoto.

Five things you can do now

1 A harmful condition can suddenly appear on your skin, and you might not be aware of it. But there is a way to protect yourself. Yearly checkups with a dermatologist can help you stay healthy by treating any problems.



2 Your skin can dry out during the winter months. That can cause your skin to crack. Be sure to use a moisturizer on your skin, which can help it remain soft and smooth.

3 There are a lot of skin products on the market. They often promise to resolve any skin condition you might have. But beware. Some of the products might not work, or put you at risk.

4 Take care of your skin as you age. Be sure to wear sun protection and keep your skin clean through washing. And avoid tanning beds.

5 Take rashes seriously. You should see your doctor if it is painful, infected or persists more than two days. Do not assume everything will be all right. Sometimes a rash can turn out to be a pretty bad condition.



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