

NATIONAL HEALTHY SKIN MONTH

Adults average around 16-22 square feet of skin, and our skin accounts for around 15% of body weight.

01 | Introduction

National Healthy Skin Month expands across the month of November as the cooling air has dehydrating effects on the skin. During this time it is important to think about the health of your skin and also how to protect it. The goal of healthy skin month is to raise awareness year-round of the importance of keeping your skin healthy.

02 | Being Aware

Skin has three layers: epidermis, dermis and subcutis. By constantly shedding skin cells, skin has a new outer layer around every 28 days. However, any changes such as itching or a rash could be a sign there is an underlying issue with your health. For instance, developing a new mole could indicate skin cancer, and a rash could be a sign of an autoimmune disease. Being cognizant of your skin and any changes could help provide clues to the overall health and wellness of your body.

03 | Preventive Action

While keeping your skin healthy can be tricky, it is necessary for maintaining your health. Here are a few tips on how to keep your skin vibrant and feeling its best:

- Wear sunscreen
- Simplify your skincare routine by using gentle products
- Use products formulated for your skin type
- Use lip balm with added sunscreen
- Avoid picking at your skin
- Regularly check your skin for changes
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04 | Moving Forward

Healthy skin maintenance can be something that is easily overlooked while preserving your health. However, it is never too late to start. Establishing a relationship with your local dermatologist is the first step. Be sure to contact your provider if you see any changes or developments on your skin.

For more information on National Healthy Skin Month please visit <https://www.aad.org/>.

Did You Know?
Skin is your body's largest organ.

References

<https://www.aad.org/public/public-health/awareness-campaigns/national-healthy-skin-month>

<https://forefrontdermatology.com/november-national-healthy-skin-month/>

<https://www.skincancer.org/skin-cancer-prevention/>