

HEALTH IN OUR HANDS!

The Arkansas State University Wellness Program Newsletter
www.astate.edu/conhp



Skin Health

Introduction

November is National Healthy Skin month according to the American Academy of Dermatology. The skin covers the entire surface of the body and is the primary interaction with the environment. With the winter months quickly approaching, it is important to keep your skin healthy. It is the largest organ in your body, after all.

Skin Anatomy

The skin is made up of several different components, including water, protein, fats, minerals, and chemicals. The skin is also made up of three layers that are listed below.

Epidermis

The epidermis is the thinnest and outermost layer of the skin. It is responsible for protecting you from the harsh

environment and contains many different types of cells.

Dermis

The dermis is the middle layer that gives skin its fullness. Age and sun exposure to the dermis can result in wrinkles and other skin damage. This layer contains blood vessels, hair follicles, oil glands, and pain and touch receptors.

Hypodermis

The hypodermis is known as the "fatty layer". This layer is responsible for conserving your bodies' heat and protecting the vital organs of the body. "Sagging skin" is a result of a reduction of tissue in this layer.

Skin Fun Facts

- The average person's skin covers an area of 2 square meters and weighs 9 pounds.

- Skin accounts for about 15% of your body weight.
- The skin renews itself every 28 days.
- Your skin is thickest on your feet.
- Changes in your skin can sometimes mean changes in your overall health.
- Your skin plays an important role in regulation of body temperature and sensory perception.
- Skin gets its color from a pigment called melanin. The more melanin, the darker your skin.
- Your skin is the first line of defense for the body's immune system.

Tips for Healthy Skin

- Wash your face every day, especially after exercise.

- Use mild cleanser & luke warm water
- Use an antiperspirant rather than a deodorant to reduce sweating.
- Take shorter showers to avoid drying out your skin.
- Eat a balanced diet to keep your skin well nourished.
- Stay well hydrated.
- Determine your skin type and choose skin care products tailored to that type.
 - Combination/oily
 - Overly dilated pores
 - Shiny skin
 - Blackhead prone
 - Dry/sensitive
 - Red patches
 - Rough skin
 - More visible lines
 - Normal
 - No severe sensitivity
 - Barely visible pores
- Examine your skin regularly.
 - Look for unusual spots or any other changes
- Protect your skin from the sun.
 - Seek shade
 - Wear sunscreen with at least 30 SPF
- Use a moisturizer daily.
 - Consider petroleum jelly for dry skin and nails
- Prevent blisters and corns.
 - Proper shoe fit
 - Keep toe nails trimmed
- Use a humidifier to add moisture to the air in your home.

Skin Warning Signs

Changes in the skin can signal more serious health problems. In some cases, the skin can even show signs of internal disease. The following is a list of warning signs to look for when examining your skin.

- A new rash that doesn't respond to treatment and is accompanied by fever, joint pain, or muscle aches.
- New growths on the skin.
- Changes in existing mole symmetry, color, diameter, or border.
- Change in skin texture.

References

<http://www.everydayhealth.com/news/10-amazing-facts-about-skin/>

<https://www.aad.org/public/skin-hair-nails/skin-care/national-healthy-skin-month>

<http://www.medicaldaily.com/healthy-skin-awareness-month-5-ways-save-your-skin-winter-blues-263597>

<https://www.aad.org/meda/news-releases/skin-can-show-first-signs-of-some-internal-diseases>

<http://www.webmd.boots.com/healthy-skin/guide/whats-your-skin-type>

Other News:

**If you have any suggestions for newsletter topics, please contact Dean Susan Hanrahan at hanrahan@astate.edu.

The Arkansas State University Employee Wellness Newsletter is published monthly during the academic year by the College of Nursing and Health Professions. Health questions can be addressed to Dean Susan Hanrahan, Ph.D., ext. 3112 or hanrahan@astate.edu. Produced by Jordan Hood, graduate student in the College of Nursing and Health Professions, Physical Therapy Program.