

WTNS Radio OSU Extension Update for January 20, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about caring for dry skin.

The recent temperature fluctuations between mild and normal winter cold can wreak havoc on our skin. Our skin is the largest organ our bodies have. I can remember being utterly fascinated with the complexity of our skin when I took an online anatomy class a few years back. Normal condition of our skin is one of those things about our bodies that we take for granted.

Dry skin can be irritating, and some areas will itch, flake, crack and even bleed especially around fingernails and knuckles. But there are steps that we can take, especially in the wintertime, to prevent the severity of these problems.

We may not consider that bathing can cause our skin to dry. As dirt is removed, natural oils are removed that protect our skin are removed as well. The American Academy of Dermatology has these tips to prevent showers and baths from drying out your skin more:

- Keep your bathroom door closed when showering
- Limit your shower or bath to 5 to 10 minutes
- Use warm water instead of hot water
- Use a gentle, fragrance-free cleanser
- Apply only enough cleanser to remove oil and dirt
- Blot your skin gently dry with your towel
- Apply moisturizer within a few minutes of washing and drying off

When using a moisturizer, use a cream or ointment rather than a lotion. I make it a habit in winter, and during most of the rest of the year, to keep hand cream in my purse and car and apply it after most hand washing. My mom always wore gloves when washing dishes, and I try to whenever I can too.

If you have especially sensitive skin, be a label watcher. More and more manufacturers are making products that are fragrance free and free of dyes and other potentially irritating additives. Some suggestions of things to avoid when your skin is dry are alcohol, fragrance, retinoids, or alpha-hydroxy acid (AHA) or deodorant soaps.

I remember as a child that before I would go to bed, I would stand over the register in my flannel nightgown until it got so hot, I couldn't stand it. Then I would run to bed and hop under the covers. This is not a recommended practice for dry skin. Nor is sitting in front of a fireplace.

Another thing to consider is helping your skin from the inside out. Tracie Abram, Michigan State University Extension, shares that eating more fruits and vegetables and drinking more water will help your skin condition.

Some foods you can eat that will result in positive effects for your skin include:

- Avocados: Good source of biotin, which prevents dry skin
- Green tea: Good source of polyphenols
- Tomatoes: Slows down cellular damage
- Salmon: Improves skin elasticity
- Eggs: A complete source of protein and contains biotin
- Walnuts: Contains omega-3 fatty acids which create smoother skin and shiny hair
- Beans: Repairs and regenerates skin cells

If you try these tips and they don't help, please contact your health care provider or a dermatologist to get relief from dry skin.

It was great to see so many of you on Saturday at the Health, Safety and Wellness Expo. I was able to share lots of OSU Extension resources and several dates for upcoming programs. One of these is Dining with Diabetes.

OSU Extension and the Coshocton Regional Medical Center will be offering Dining with Diabetes, which is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

Dining with Diabetes will be held the four Monday evenings of April from 5:30-7:30 pm at Coshocton Regional Medical Center. The cost of the program is \$20 per person and includes all four classes, educational handouts, and small sized meals that feature a variety of recipes. You are encouraged to also register a support person to attend with you for an additional \$5 total.

To register visit coshocton.osu.edu or contact OSU Extension at 740-622-2265 for more information.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!