

# Adult Health Bulletin



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## THIS MONTH'S TOPIC: TAKING CARE OF YOUR SKIN

**A**s fall begins, you may think using sunscreen is not as important as it was during the summer months. However, it is important to continue to protect your skin all year long. By protecting your skin, you may be able to slow the signs of aging. The one thing that we cannot fight is the natural aging process. Over time, skin changes — it may become thinner or drier. Here are some simple lifestyle changes you can make to slow the signs of aging:

- **Wear sunscreen.** It is important to wear sun protection on skin that is not covered by clothing every day. The time of the year — fall, winter, spring or summer — does not matter. You should also wear sunscreen when going outside to run errands or other activities and not just when lying in the sun at the beach or pool.



Continued on the back →



# Wearing sunscreen throughout the year can help protect your skin and slow the signs of aging.

Continued from page 1

- **Use self-tanner rather than lying in the sun or tanning booth.** Did you know that by tanning you are prematurely aging your skin? This includes tanning by the sun or using a tanning bed or other types of tanning equipment.
- **Stop smoking.** If you smoke, your skin is likely to age faster than a person who does not smoke.
- **Eat a healthy diet.** What does eating have to do with skin and aging? Studies are starting to show that eating lots of fruit and vegetables may prevent some premature skin aging.
- **If you drink alcohol, drink less.** Drinking alcohol can dry out the skin and over time cause skin damage.
- **Exercise more.** There are many health benefits to exercise, but did you know that there are also benefits to the skin? Studies show that exercise boosts the blood flow in your body, which may give the skin a more youthful look.
- **Wash your face every day, but be gentle.** Washing your face every day helps to clear the skin of sweat, dirt and other things that have gathered on the skin throughout the day. But if you scrub too hard, you may damage the skin on your face.
- **Remember to use a facial moisturizer every day.** Moisturizers help seal water under the skin, which in turn may help keep your face looking younger. There are even facial moisturizers for men which often do not have a strong fragrance to them.

*Studies show that exercise boosts the blood flow in your body, which may give the skin a more youthful look.*



- **If you put something on your skin and it stings or burns, you should remove it.** If you buy a product from a store and it burns or stings when applied to your skin, that usually means that your skin is irritated by it. There are products that a healthcare provider may ask you to use that may burn or sting. If this is the case, you should talk to your healthcare provider about whether or not that should be happening. Prescription anti-aging products may also bother the skin and sting or burn.

No matter what time of the year it is, you should be kind to your skin. You can take steps to prevent early aging by following some of the suggestions above.

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