



Dry, Itchy Skin

Dry skin is abnormal scaling, flaking and cracking of the upper layer of the skin that leads to itching and discomfort.

Causes

Dry skin is due to a lack of water in the skin's outer layer. Normally, oil glands in the skin produce an oily film, which traps water in the skin and prevents it from evaporating. There are several reasons why skin gets dry:

- Low relative humidity levels (less than 80%) from indoor heat, cold winter air, and even air conditioning.
- Excessive contact with soaps and detergents.
- Heredity.
- Aging. As we get older our skin loses some of its ability to hold water.
- Medically related conditions such as eczema, psoriasis, diabetes and contact dermatitis.

Prevention/Treatment

- Shower or bathe in warm, not hot, water. Keep shower or bath time to a minimum.
- Use a mild unscented cleanser or soap.
- Immediately after showering or bathing, pat skin dry and apply a moisturizer.
- Lower the temperature and use a humidifier in your home during the winter months. An inexpensive alternative is to put a shallow pan of water near a heating source or use a vaporizer.
- Avoid bleach and bleach-containing products, dryer sheets, and fabric softeners.
- Use unscented laundry detergent such as Tide-Free, Wisk-Free, Cheer-Free or Dreft.
- Use gloves; wear protective clothing when doing housework or household improvements. However, avoid extended wear of rubber gloves or try to wear cotton gloves underneath.
- Avoid rough synthetic fabrics and tight-fitting clothing. Loose-fitting cotton clothing is best.
- Apply a moisturizing sunscreen before extended time outdoors.
- If the dry skin condition continues or worsens, consult your dermatologist.

Recommended Soaps and Moisturizers for Dry Skin

Soaps:

Dove unscented Cleanser	Cetaphil Cleanser
CeraVe Cleanser	Aveeno Cleanser
Neutrogena Fresh Foaming Cleanser	Basis Cleanser
Eucerin Gentle Cleanser	Purpose Cleanser

Moisturizers:

Body: CeraVe Cream	Neutrogena Moisturizers
Aveeno Cream	Cetaphil Cream or lotion