

Medical Edge Radio from Mayo Clinic

Dry Skin Care

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE
	IT CAN BE SORE, ITCHY AND IRRITATING... EVEN CRACKED AND PEELING. DRY SKIN IS NO FUN. MAYO CLINIC DERMATOLOGIST DR. RANDALL ROENIGK SAYS OUR SKIN IS LIKE A SPONGE.
Randall Roenigk, M.D. Track 4 (1:00)	"A SPONGE WITH WATER IN IT IS SOFT AND MALLEABLE. A SPONGE THAT DOESN'T HAVE WATER IS DRY AND BRITTLE. OUR SKIN HAS WATER IN IT AND WHEN THE WATER IS GONE OUR SKIN FEELS DRY AND BRITTLE."
	DRY SKIN IS OFTEN A PRODUCT OF THE ENVIRONMENT. IT'S MORE

	COMMON DURING A COLD, DRY MINNESOTA WINTER, THAN IN HUMID FLORIDA. AS WE GET OLDER, OUR BODIES ALSO PRODUCE LESS OIL, WHICH HOLDS WATER IN THE SKIN. SO WHAT CAN YOU DO? MOISTURIZE!
Dr. Roenigk Track 4 (3:22)	“MOISTURIZING IS NOT ROCKET SCIENCE. YOU DON’T HAVE TO LOOK FOR THE MOST EXPENSIVE THING.”
	DR. ROENIGK SAYS IT’S MORE IMPORTANT TO FIND SOMETHING THAT FEELS GOOD TO PUT ON AND DOESN’T IRRITATE YOUR SKIN.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I’M VIVIEN WILLIAMS.