

Mayo Clinic Medical Edge

Winter Skin Care

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
Dawn Davis, M.D.	"WINTER IS NOT THE SKIN'S BEST FRIEND, THAT'S FOR SURE."
	AS A DERMATOLOGIST AT MAYO CLINIC, DR. DAWN DAVIS IS VERY FAMILIAR WITH THE EFFECTS A HARSH ENVIRONMENT CAN HAVE ON THE SKIN.
Dr. Davis	"WHEN YOU SACRIFICE YOUR SKIN TO THE ELEMENTS DURING THE WINTER, THE MOISTURE YOUR BODY IS PRODUCING TO PUT ON YOUR SKIN EVAPORATES AND GIVES ITSELF TO THE ENVIRONMENT, LEAVING YOUR SKIN DRY, RED, CRACKED AND ITCHY."

	<p>HER ADVICE; GET A MOISTURIZING LOTION THAT IS FREE OF PERFUMES, DYES, AND OTHER IRRITANTS, AND USE IT TWO TO THREE TIMES A DAY.</p>
<p>Dr. Davis</p>	<p>“WHEN YOU GO OUTSIDE, KEEP YOUR SKIN COVERED AND MAKE SURE THAT YOU’RE LUBRICATING YOUR SKIN BEFORE YOU PUT ON YOUR GLOVES AND YOUR SCARF AND YOUR HATS AND THINGS.”</p>
	<p>DR. DAVIS SAYS IT’S ALSO A GOOD IDEA TO APPLY MOISTURIZERS AT BEDTIME AND POSSIBLY RUNNING A HUMIDIFIER AT NIGHT.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>