# Wellness WEDNESDAY

## SKIN HEALTH TIPS

They say beauty's only skin deep; it's what's on the "inside" that counts. Our insides are certainly important, but our skin is the first layer of defense to everything we encounter daily. Skin can also give important clues to your overall health. Learn to take good care of your skin, so your skin can keep taking good care of you.

Skin protects your body in many ways. "The skin provides a barrier to protect the body from invasion by bacteria and other possible environmental hazards that can be dangerous for human health.

Skin plays other roles, too. It contains nerve endings that let you feel when an object is too hot or sharp, so you can quickly pull away. Sweat glands and tiny blood vessels in your skin help to control your body temperature. And cells in your skin turn sunlight into vitamin D, which is important for healthy bones.

### Tips for Healthy Skin

- **Wash up!** Bathe in warm water, use mild cleaners that do not irritate.
- **Block sun damage.** Avoid intense sun exposure, use sunscreen, and wear protective clothing.
- **Say NO to tanning beds** as they emit the same harmful UV radiation as the sun.
- **Avoid dry skin.** Drink plenty of water and use gentle moisturizers. Lotions or creams
- **Reduce stress.** Stress can be harmful to your skin and other body systems.
- **Get enough sleep.** Experts recommend about 9 hours a night for teens and 7-8 hours for adults.
- **Speak up!** Talk to your doctor if you notice any odd changes to your skin, like a rash or mole that changes size or color.

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