



Tips for Healthy Skin

- * **Cleanse with a soap-free cleanser.** Examples include PCA Skin Facial Wash, Cetaphil, Aveeno, Cerave, Epionce. These cleanse without stripping the natural oils that keep your skin hydrated. These are good for oily skin also to prevent “rebound oiliness” from using too harsh of a cleanser.
- * **Apply a sunscreen every morning.** Get in the habit of applying at least an SPF 15 UVA/UVB sunscreen as part of your daily morning routine. This prevents accumulation of incidental damaging ultraviolet light as you go on with your day, driving in the car, doing errands, etc. Make sure your sunscreen contains zinc. (Check out DeVita, EltaMD and PCAskin in our office). If you are planning some time in the sun, apply at least an SPF 30 sunscreen and reapply every 2 hours.
- * **Be sun smart.** Limit your sun exposure between the hours of 10 am and 4 pm. Wear sun-protective clothing. Seek shade as much as possible.
- * **Get your Vitamin D in a safe way.** It is now recommended that most people take at least 1000 IU daily. This can be done by eating vitamin D rich foods or taking a supplement. Getting sun on your face and arms for about 10 minutes, 3 times a week may also be adequate, but this is not always easily done and can lead to sun-damaged skin and increased skin cancer.
- * **Avoid the tanning bed.** There is no known health benefit to tanning beds. They primarily use UVA rays which do not help vitamin D levels. UVA rays penetrate the skin deeply to cause damage and possibly skin cancer which will not be visible until years later.
- * **Use a vitamin A cream at night.** Try retinol creams which are over the counter, or get a prescription for a stronger and more effective product such as Renova, Retin-A, Refissa, or Tazorac. These exfoliate the skin leaving smooth, fresh-looking skin. They lift off brown spots, stimulate collagen to smooth fine lines, reverse mild sun damage, and prevent pre-skin cancers called actinic keratoses.
- * **Use an antioxidant cream once or twice a day.** These quench free radicals that occur as a result of normal metabolism, UV radiation and pollution. Free radicals damage the skin structure causing aging of the skin. Our favorite is: topical vitamin C. Others include: green tea, alpha lipoic acid, coenzyme Q 10, soy, etc. (The list keeps growing).
- * **Get a skin exam.** Have a baseline skin exam done by a dermatologist to identify any potential problems. A skin exam should be done yearly or more often if indicated by your doctor. Examine your own skin monthly to check for new or changing lesions. Have these checked by your doctor as needed.

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