



## Winter Skin Q & A

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Avanti Skin Center of Collierville

**h+f:** Why is skin so different in the winter?

**Kate:** At the core of any skin complaint in winter is low-humidity. Icy temperatures and wind cause accelerated water loss from the skin. Combined, these damage the skin's natural protective function and dehydrate it, leaving it prone to chapping and cracking and, in some cases, infection. Central heating, open fires, and long, hot showers and baths don't help either. No matter what your skin type, all types are prone to dehydration. Twenty percent of the skin's moisture sits above the epidermis, which is where most moisture loss occurs, but in winter, moisture loss can occur below the epidermis, too. The result is severe dehydration.

Exfoliate regularly with a mild cream or mask, to gently buff away the dead cells on the skin's surface and assist moisture absorption. Medical microdermabrasions are a great way to help with exfoliation and skin cell turnover. Also, turn to a richer moisturizer to help address the fragile skin barrier and replace lost hydration.

**h+f:** What can someone do about their rosacea or red cheeks this winter?

**Kate:** According to the National Rosacea Society survey, wind triggers symptoms of rosacea 57 percent of the time; cold weather, 46 percent; and indoor heat, 41 percent. To top it off, emotional stress kicks up the redness factor to a whopping 79 percent. Here are some tips for controlling winter's effect on rosacea symptoms:

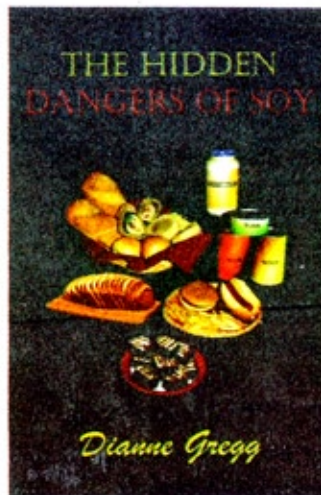
- 1 Minimize time outdoors in inclement weather, and use a scarf or ski mask to protect the face from wind.
- 2 Wear loose, layered clothing to protect from both cold outdoor weather and indoor heat.
- 3 Use a sunscreen year round. Sun exposure is the most common rosacea tripwire, and can affect the face even in winter.



## Right Side of the Bed!

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[MyWakeUpCalls.net](http://MyWakeUpCalls.net)



## Is It, or Isn't It?

At MH+F, we think it's important to look at health from many perspectives, and this new book offers an alternate view of soy as a health product. Dianne Gregg decided to research the role of soy beans in our diet and its relationship to diseases after developing a severe allergy to soy and nearly dying. Find out more at [hiddensoy.com](http://hiddensoy.com)



## Aesthetic Q&A: