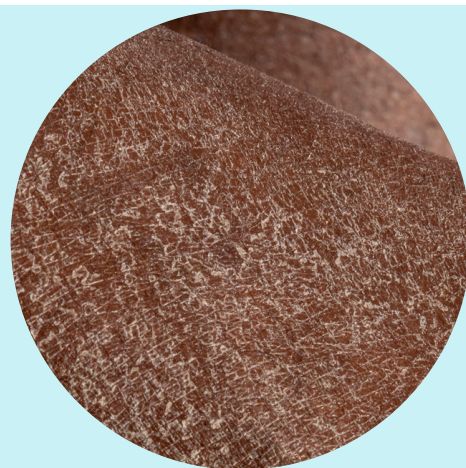


Dry Skin

Dry skin is when the skin becomes rough. This causes cracks or fissures that can lead to bleeding. Many people get dry skin on their feet and it can be itchy and painful.

What are the causes?

- High blood sugar
- Dry air
- Chemicals in swimming pools
- Itchy clothing
- Long hot showers
- Age



What are my treatment options?

Over-the-counter moisturizers are commonly used to treat dry skin. Speak to your foot doctor about which is best for you.

Types of moisturizers:

Emollients

- Emollients stay on the top of your skin and act as a lubricant. They help to lower flaking and help your skin's look. Look for "mineral oil" on label.

Humectants

- Humectants take up and keep moisture in to raise the amount of water in the top layer of skin. Look for "lactic acid" or "urea" on label.

Occlusives

- Occlusives crafts a barrier for your skin to keep water in. Look for "petroleum jelly" on label.

Keratolytics

- Keratolytics exfoliate rough skin (exfoliate means removing dead skin cells from the surface of your skin). Look for "Salicylic acid" on label.



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