

HealthLink

Germ Busters from LI Pros



Joy Mangano's
Clean Home Tips

Hearing in a Masked World
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Lung Cancer in Nonsmokers

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WINTER IS COMING

Cold-Weather Skin Tips

BY JENNIFER BERGER

The summer isn't the only time you should be protecting your skin. Cold weather can wreak havoc on your face and body, leaving you feeling dry, itchy and irritated. Here's how to keep your skin healthy and hydrated throughout the winter months, according to Long Island dermatologists.

AVOID LONG SHOWERS

Although they feel good, long, hot showers can exacerbate issues, said Dr. Robert Levine, board-certified dermatologist at Advanced Dermatology PC in Commack, East Setauket and West Islip. "It's better to keep showers on the shorter side and not ultra-hot," said Levine. Less frequent showers and baths are also a good idea. "Washing only the underarms, groin and face are ideal for sensitive skin patients, unless the rest of the skin is dirty."

USE A HUMIDIFIER

People often don't realize that the air inside, especially when we turn on the heat, creates a dry atmosphere. Investing in a humidifier creates the right environment for your skin. "Use a humidifier in your bedroom, since you spend a number of hours sleeping," said Dr. Deborah S. Sarnoff, director of dermatology at Cosmetique Dermatology Laser & Plastic Surgery, LLP in Greenvale. "It will help bring moisture into your home and keep your skin very hydrated."

EXFOLIATE GENTLY

"Gentle exfoliation will help dry skin appear smoother," said Dr. Laurie Levine (no relation to Robert Levine), chair of dermatology at ProHEALTH. "You can make your own with ingredients such as

Himalayan salt, sugar or ground coffee mixed with oil or shea butter." Avoid loofah pads, she said, as they may attract bacteria if not replaced frequently.

FOCUS ON YOUR HANDS

Due to COVID-19, we are washing our hands all the time, and hand sanitizers have a high amount of alcohol, which can be very drying. "When you wash your hands, you're not putting back moisture, you're actually stripping your hands of the natural oil that our skin cells make," said Sarnoff. To lock in moisture, she suggests applying moisturizer cream or ointment after washing your hands or using sanitizer. "Leave sample bottles of cream at different sinks around your house or office," she said.

WEAR SUNSCREEN

A moisturizer with sunscreen is enough for people who are out only for a few minutes on their daily routine, said Robert Levine. "We don't think about sun protection in the winter, but it's important when you're participating in outdoor activities," he said. "If you're skiing you need to lather on full sunscreen since you're at a higher elevation." Be sure to choose SPF 30 or higher, even on overcast days.

CONTINUE TO WEAR A FACE MASK

"It's a great way to avoid a cold nose," said Laurie Levine. "Be careful about applying irritating medications and skin care products, like retinols, under your mask. These are best applied at night and washed off in the morning." Wash cotton masks frequently in fragrance-free detergent and hang to dry.

