



**The Dermatology Nurses' Association Proclaims
Friday, September 14, 2018
World Health Skin Day**

Healthy Skin, Healthy Life, Healthy You

The skin is the largest organ of the body and performs many functions to help keep us healthy.

The skin:

- Protects you from viral and bacterial infections
- Regulates and maintains body temperature
- Assists in producing Vitamin D
- Melanin in the skin screens and absorbs ultraviolet radiation
- Repairs and regenerates itself
- Transmits touch, pressure, temperature, pain and itch

Protect your skin by:

Moisturizing – The skin loses more moisture with each passing birthday leading to dry skin and often itching. Applying moisturizer immediately after bathing to damp skin will greatly reduce dry skin and itching.

Sun Protection – Ultraviolet light exposure damages the skin. Avoid skin damage by wearing long sleeves and hat with a 4 -5-inch brim along with sun screen. Sun screens should cover both UVA and UVB rays with a SPF of at least 30. They are not sweat or water proof, so need to be reapplied every two hours.

Take care of your skin and it will take care of you!

WorldSkin Health Day is presented under the auspices of the International League of Dermatological Societies and the International Society of Dermatology.

DERMATOLOGY NURSES' ASSOCIATION

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