

Get Healthy Stay Healthy

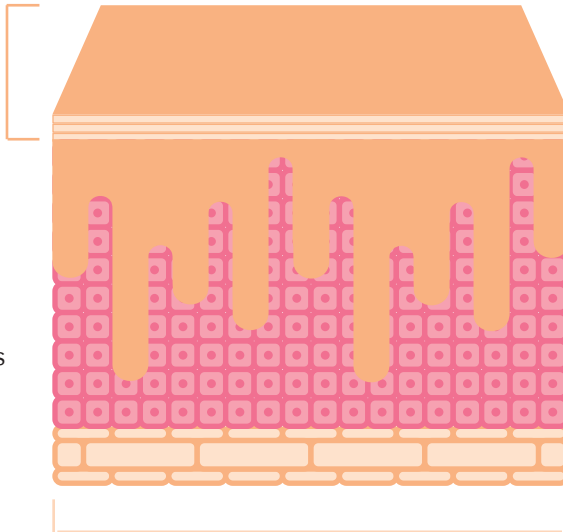
PROTECT THE SKIN YOU'RE IN

Did you know that your skin is your body's largest organ? Your skin is also the first layer of defense – providing a barrier – from bacteria and other environmental hazards that can be detrimental to your health. Your skin contains nerve endings that let you feel when an object is too hot or sharp, sweat glands and small blood vessels that help control your body temperature, and the ability to convert sunlight into vitamin D.¹

Epidermis²

Consists of three sub-layers:

- **Stratum corneum:** the outer layer that can be seen and felt; the barrier between the body and the outside world.
- **Squamous cell layer:** produces keratin and transports water.
- **Basal cell layer:** where skin cells are reproduced and where melanocytes produce melanin.



Dermis⁴

Consists of two sub-layers:

- **Papillary dermis:** composed of loose connective tissue and blood vessels. Houses nerve fibers and touch receptors.
- **Reticular dermis:** composed of dense connective tissue. Houses hair follicles and sweat glands.

Subcutaneous⁵

Consists of connective tissue, blood vessels, and is also where your body stores visible body fat.

Skin Conditions³

Many skin conditions vary greatly in symptoms and severity. They can be temporary or permanent, painless or painful, situational or genetic, and/or minor or life-threatening. If you have any skin concerns you should speak with your doctor or dermatologist.






COMMON SKIN CONDITIONS INCLUDE:

- Acne
- Rosacea
- Eczema
- Dandruff
- Hives
- Psoriasis
- Skin cancer

Check Your Skin Regularly²

LOOK FOR THE ABCDE'S

Precancerous skin changes and skin cancer are usually easy to recognize and often curable when detected and treated in the early stages.

	ASYMMETRY	One half of the spot is not shaped like the other half.
	BORDER IRREGULARITY	Poorly defined or "scalloped" border.
	COLOR	Shades of tan, brown, black, and sometimes red, white and blue, vary across the spot.
	DIAMETER	The spot is larger than the diameter of a pencil eraser, however, skin cancers can also be smaller.
	EVOLVING	The mole looks different from the other moles on the body and is changing in size, shape, or color.

Clues to your health¹

- A red, itchy rash typically indicates allergies or infections.
- A red "butterfly" rash across the face may be a sign of lupus, an autoimmune disease.
- A yellow tint may signal liver disease.
- Dark, unusual moles may warn you of skin cancer.

Tips for Healthy Skin²

- Eat healthy foods
- Drink 6-8 glasses of water a day
- Avoid alcohol
- Stop smoking
- Use sunscreen regularly
- Avoid sun exposure between 10 a.m. and 4 p.m.
- Skip tanning beds
- Wear protective clothing when outside
- Use a simple cleansing routine: gently clean with warm water, no abrasive scrubs, pat dry, and use a moisturizer with sunscreen.
- Vitamins A, B1, B3, B6, C, and D can help prevent skin disorders, aid in healing, and keep skin healthy.

Sources:

- 1 *Keep Your Skin Healthy.* <https://bit.ly/2TwoPtI>
- 2 *Skin Health.* <https://bit.ly/3BvSios>
- 3 *All About Common Skin Disorders.* <https://bit.ly/36Tj8Zl>
- 4 *Layers of the Skin.* <https://bit.ly/2Vx77Xa>
- 5 *What is Subcutaneous Tissue?* <https://bit.ly/3ireJ6s>