

DRY SKIN IN DARK SKIN

1. WHAT IS DRY SKIN?

Dry skin is skin that does not have enough moisture. Research shows that people with darker skin are more likely to complain of very dry skin.

The outer layer of the skin constantly renews itself. In this process, the body sheds dead skin cells. Normally, this shedding is not visible but when the skin sheds more than the usual number of skin cells, it becomes visibly dull and it feels drier to touch.

2. WHO IS MORE LIKELY TO GET DRY SKIN?

People who live in dry climates, work outdoors or wash their hands frequently are more likely to have dry skin. Dry skin can also be caused by some health conditions, such as allergies and diabetes.

Older people are also more susceptible to dry skin because as we age, the skin becomes thinner and, sweat and oil glands don't produce as much moisture.

3. WHAT CAUSES DRY SKIN?

When the skin loses water too quickly, it becomes dry. This can happen for many different reasons.

Everyday actions, such as using harsh skin-cleansing products and excessive scrubbing of the skin, can strip the skin away its natural skin oils and lipids. Long, hot showers can also dry your skin.



4. SIGNS AND SYMPTOMS

Flakes, rough texture: When the skin loses too much water, it wrinkles and starts to flake off. This causes the rough texture.

Cracks in the skin: As the skin dries out, it shrinks. This shrinking causes cracks to form. Some cracks can become deep and bleed.

Itch: The constant itching can make it difficult to concentrate on everyday tasks, such as doing your work. This itching can make it difficult to fall asleep and even wake you from a sound sleep.

Skin feels painful, may sting or burn: Dry, cracked or raw skin often feels painful. If something touches the already painful skin, such as water, some people say that their skin burns.

6. COMPLICATIONS OF DRY SKIN

Excessively dry skin has cracks in its outer layer. These cracks allow germs to get inside, which can lead to a skin infection.

You should see a professional dermatologist if your skin presents signs of an infection, such as:

- **Yellow crusts**
- **Fluid leakages**
- **Swelling**

6. HOW CAN I PREVENT DRY SKIN?



Limit the time you spend in the showers to prevent your skin from drying out.



Apply a moisturizing cream or ointment immediately after bathing or showering to lock in the moisture from the bath. Apply a cream or ointment to the areas where your skin feels dry. Gently massage the moisturizer into your skin.



Protect areas of your skin that are directly exposed to the sun (your face, your ears etc.) with a moisturizer containing sun blocker (look for SPF 30 and UVA)



Washing plates or dipping your hands in water throughout the day can worsen your already dry skin. Consider wearing gloves to protect your hands.



Drink plenty of water to keep the skin moisturized from the inside.

