

SKIN HEALTH



Your skin is an important part of your body. It protects you from the environment, and can also provide signs of your general health. Use the tips below to learn how to look after your skin, so your skin can continue looking after you.

CLEANSE

- ✓ Wash your hands first.
- ✓ Apply the cleanser gently and do not use a hard scrubbing motion.
- ✓ Avoid aggressive rubbing or pressure when drying skin, pat gently with a clean, soft towel.
- ✓ Use warm water instead of hot water when washing.
- ✓ Use soap alternatives to reduce the drying effects of soap. For example, emollient soap substitute or skin cleanser.
- ✓ Avoid harsh exfoliation.

MOISTURISE

- ✓ Apply a pH neutral moisturiser at least twice daily.
- ✓ Apply in the direction of the body hair and gently smooth into the skin.
- ✓ Moisturisers come in many forms such as lotions, creams and ointments. Speak to your 777 Pharmacist to find out which one is most suitable for your skin.

AVOID TRIGGERS

- ✓ Some medications can affect the skin, such as:
 - Antibacterials
 - Antihypertensives
 - Analgesics
 - Tricyclic antidepressants
 - Antihistamines
 - Antineoplastic drugs
 - Antipsychotic drugs
 - Diuretics
 - Oral diabetes agents
 - Nonsteroidal anti-inflammatory drugs
 - Steroids

Speak to your pharmacist if there is concern that medications are affecting their skin.

- ✓ Keep showers short and warm.
- ✓ Use a humidifier during winter.

PROTECT YOURSELF FROM THE SUN

- ✓ Any skin tone can be at risk of skin cancer. Be aware of the updated sun safety guidelines which take into account skin type and underlying risk factors.
- ✓ Remember to always apply sunscreen in the morning after cleansing and moisturising, a UV index above 3 can damage your skin and lead to skin cancer.
- ✓ A broad-spectrum sunscreen that has a sun protection factor (SPF) of at least 30 and is water resistant is recommended.
- ✓ For an adult, a teaspoon of sunscreen is required for each arm, leg, body front, body back and face.
- ✓ When outside sunscreen should be used alongside protective clothing, a broad-brim hat, shade and sunglasses.
- ✓ Some medications may increase your sensitivity to the sun.
- ✓ Check your skin regularly for any new spots or changes in shape, colour or size of existing spots. If you notice anything unusual, see your doctor as soon as possible.

LIFESTYLE & NUTRITION

- ✓ Nutrition plays a key role in maintaining good skin. Eat a healthy diet and speak to your 777 Pharmacist about skin supplements that include Omega 3, Zinc, Vitamin C and Collagen.
- ✓ Manage stress.
- ✓ Keep hydrated.
- ✓ Do not smoke, or quit smoking.
- ✓ Get enough sleep.
- ✓ Exercise regularly.
- ✓ Drink alcohol only in moderation.
- ✓ Do not pick at your skin, including your pimples.

Remember, always speak to your doctor or pharmacist if you notice any changes to your skin.