

## Hand Dermatitis

Do you suffer from dry, cracked, itchy painful skin on your hands? You may be suffering from a common condition called Hand Dermatitis. Hand Dermatitis is a form of Eczema. Eczema is a condition where the skin becomes inflamed and irritated. Hand dermatitis can be worsened by things such as cold, dry climates, frequent hand washing, use of harsh soaps, antibacterial soaps, hand sanitizers and fragranced products. All of these things can compromise or lessen the effectiveness of your natural skin barrier. Our skin barrier is what helps keep are skin hydrated and prevents irritants, viruses and bacteria from entering our skin.

Hand Dermatitis tends to be worse in the winter. Some things you can do to minimize flares or improve the function of your natural skin barrier, in addition to minimizing those things listed above, includes using emollients or moisturizers. Some moisturizers over the counter include something called ceramides. Ceramides are something we naturally make in our skin, which helps lock moisture in. Some OTC moisturizers that include this ingredient are CeraVe and Aveeno Eczema therapy. They can be found at most of your local pharmacies or grocery stores. It's important to moisturize your skin after each hand washing and throughout the day as needed. Also, applying Vaseline to really dry, irritated skin daily or at night after soaking hands in luke warm water for 10-15 minutes. Also, wearing winter gloves when outdoors to minimize exposure to the elements can help protect skin from getting dry and irritated.



Sometimes a prescription topical medication can improve the condition and for really severe cases an oral medication or light therapy may be indicated. If you follow all of the recommendations above and your hands are still dry, irritated, itchy, red, cracked or painful it may be time to see your Dermatologist. Please call our office to schedule an appointment with one of our providers.

-Jennifer Reiss, PA-C

Happy Holidays!

Hamzavi Dermatology and Dermatology Specialists

will be CLOSED

**Monday, December 25<sup>th</sup>**  
**& Monday, January 1<sup>st</sup>**



We hope all of our patients have a safe and Happy Holidays and New Year!



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## Highly Skilled Physicians | Top Quality Care

Whatever your skin care need, call us today to set up an appointment! Same day appointments are available.

- Pediatric & Adult Dermatology
- Laser Therapy
- Photodynamic Therapy (PDT)
- Skin Cancer
- Removal of Skin Cancer, Warts and Scars
- Phototherapy
- Eczema
- Psoriasis
- Vitiligo

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## Clinical Trials Corner

Hamzavi Dermatology Clinical Trials is Currently Seeking Study Participants with Conditions of:

- ACNE • PSORIASIS • WARTS • ROSACEA
- ACTINIC KERATOSIS (beginning stages of skin cancer)

If you, or someone you know, is interested in participating in a Clinical Trial please contact us at: **810-455-1612** or by email: [clinicaltrials@hamzavi.com](mailto:clinicaltrials@hamzavi.com) to see if you qualify today! All trials will be performed at our Fort Gratiot office.

Please note, you do not have to be a patient of our practice in order to be considered for any study.

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