

Hand Derm



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 our 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

(cont.)

Introducing New Provider

Elizabeth White, PA-C

In 2010, she graduated Summa Cum Laude from the University of Michigan in Ann Arbor with Bachelors of Science in Nursing. Following graduation, she worked as a nurse at Troy Beaumont for about 4 years. She started as a nurse on a progressive care unit but spent most of her nursing career as a nurse on the labor and delivery unit.

She graduated from Wayne State's PA program with Master of Science degree in May 2016, with the honor of being inducted into Pi Alpha, the National Honor Society for Physician Assistants. She is a member of the American Academy of Physician Assistants and the Michigan Academy of Physician Assistants. She is looking forward to meeting you at the Shelby location.



Social Media

We are on Facebook and encourage you to visit our page to see interesting articles, fun facts, featured provider, any event information plus much more. If you can also please take a moment to "Like Us" or write a review would be much appreciated.

<https://www.facebook.com/Dermatology-Specialists-of-Shelby-943114942464265>

Holiday Closures

We will observe the holidays on Monday December 26, 2016 and January 2, 2017. All offices will be closed.



2016 has been a busy and exciting year for all of us. We have added providers, locations, skincare treatments and procedures. We have enjoyed meeting new patients and seeing current ones and being part of community events. This year, we have added a location in Canton, additional space in Brighton and 3 providers. We'd like to specially thank our patients for your support over the years.

As we continue on to 2017, we will continue to expand, provide exceptional care and meet all of your skin, hair and nail care needs. For holiday savings and to get ready for your New Year, don't forget to follow us on Facebook and Twitter. Warmest wishes to all of you for a happy, healthy and safe holiday season. We hope to see you soon.

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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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