

Your Skin in Cooler Weather

As another beautiful summer comes to an end, we enter fall, which brings with it cooler temperatures. Certain skin conditions, such as atopic dermatitis (AD), also commonly referred to as eczema, will tend to flare up. AD is a common skin condition affecting more than 3 million people in the United States alone. Most cases of AD, 90%, are diagnosed by kindergarten, however it can develop at any age. Also, 30 to 60% of this population will go on to develop asthma and/or seasonal allergies.

Atopic dermatitis is worse in the fall and winter due to cooler temperatures, dry heat in homes and lack of sunlight. A few things to avoid are taking prolonged showers, steaming hot showers and using soaps that have fragrance and or color. Short showers, 6 minutes or less, lukewarm water and gentle soaps such as Dove liquid are recommended. Also, be sure to moisturize immediately after showering while the skin is still wet with a gentle moisturizer such as Cerave, Aveeno Eczema therapy or even good old Vaseline.

Common areas for AD flare are creases of the elbows, knees, neck and around the eyes. It is a very itchy condition that can leave both



adults and children miserable. If changing your daily showering habits and moisturizing routine are not giving you relief, you may need to see your dermatologist. There are multiple prescription topical medications and other treatments such as light therapy that can help improve the symptoms of AD. If you are affected by AD and need treatment please call our office to schedule an appointment with one of our health care providers.

-Jennifer J. Marlin PA-C

(cont.)

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



Clinical Trials Corner

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

- **PSORIASIS • ECZEMA (Atopic Dermatitis)**
- **PRURIGO NODULARIS**
- **HIDRADENITIS SUPPURATIVA**

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 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.

* Clinical Trial involvement does not require insurance.

Patients will be reimbursed for time and travel to appointments.

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