



Keeping Your Skin Healthy

Your skin is the largest organ of your body and plays an important role in protecting it. It holds body fluids in, prevents dehydration, and keeps harmful germs out. Since your skin is so important, you should keep it as healthy as you can.

- Exercise. It increases the flow of blood to the surface of your skin.
- Eat a balanced diet that includes protein like fresh seafood, fruits such as peaches and bananas, vegetables like sweet potatoes and leafy greens, whole grains, and fat-free or low-fat dairy products.
- Get enough sleep. This helps improve your overall health, which is good for your skin.
- Use sunscreen if you are outdoors for more than a few minutes. Sunscreen helps to reduce the chance of skin cancer and wrinkles. The sun's harmful UV rays affect everyone, not just people with fair skin.
- Be aware. If you notice itching or red areas, see a dermatologist (skin doctor). These could be signs of a skin condition like dermatitis or psoriasis.

The Federal Government has **free**, easy-to-read information about skin health.

You can order these and other titles and topics from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), National Institutes of Health (NIH), by visiting <http://www.niams.nih.gov/multicultural>, or by calling toll free at **877-226-4267** (TTY: 301-565-2966).

- ▶ *Psoriasis: Easy-to-Read Fast Facts*
- ▶ *Acne: Easy-to-Read Fast Facts*
- ▶ *Atopic Dermatitis (Eczema): Easy-to-Read Fast Facts*