



## Why is skin care important?

Martha loves her summers and spends long days berry picking and fishing. She always enjoys wearing short sleeve shirts to soak up the sun. As she got older, she noticed flat brown spots on her skin. She had a visit with her dermatologist and learned that while those “liver spots” are a normal part of aging, they can be affected by contact with the sun. Since learning this, Martha began wearing long sleeves and a hat to protect from sun damage. Taking care of your skin can keep it healthy and looking younger.

## What can you look for?

- Skin bruises or tears more easily
- Takes longer to heal
- Drier or itchy skin
- Less feeling to touch, heat, and cold
- Lower ability to regulate temperature

Your skin is the largest organ in your body and provides an important barrier against infection. Skin aging can include wrinkling, age spots, bruises, and dry or itchy skin.

## Questions to ask yourself:

- Do you have spots, wrinkles, or bruises on your skin?
- Is your skin dry or itchy?
- Does your skin have a hard time feeling touch, heat, or cold?
- Are you in the sun a lot?





## What can you do?

- Wear sunscreen to avoid sun damage
- Moisturize your skin, especially during winter
- Check your skin once a month for signs of skin cancer or sores
- Stop smoking to reduce wrinkles and improve your overall health
- Maintain a balanced diet
- Drink enough water

## Where can you find support?

- [Dermatology](#) can address any concerns with your skin and offer ways.
- [Tobacco Cessation](#) offers support to quit tobacco.
- Your [Primary Care Team](#) can talk with you about your concerns and refer you to Dermatology.
- [Registered Dietitian](#) can assist with making healthy changes to your diet.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

## Alaska Native Health Campus Resources

### Anchorage

(907) 729-3300

### Matanuska-Susitna Borough

(907) 631-7880

Dermatology

Primary Care

- Registered Dietitian

Tobacco Cessation

## Community Resources

National Institute of Aging –  
Skin Care <https://www.nia.nih.gov/health/skin-care-and-aging>

