AGING WELL
Skin Care

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 exposure to the sun's harmful rays. 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 are some considerations for skin care?

- Skin bruises or tears easily
- Skin takes longer to heal
- Drier or itchy skin
- Less sensitivity to touch, heat, and cold
- Decreased 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?

For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

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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?

Contact your primary care team directly or call
***Benteh Nuutah* Valley Native Primary Care Center** ....**(907) 631-7800**

NB
☑ Your Primary Care Team 📞
Your primary care team can talk with you about your concerns and refer you to Dermatology.

☑ Registered Dietitians 📞
Registered dietitians can assists with making healthy changes to your diet.

☐ Dermatology Ⓡ .... (907) 729-1500
Dermatology can address any concerns with your skin and offer and offer options for treatment.

☐ Tobacco Cessation Ⓡ 📞 .... (907) 631-7640
Tobacco cessation offers support to quit tobacco..