

Winter's Dry Skin

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American Board of Dermatology | American Board of Cosmetic Surgery | Physician of the Year 2008

Q. Can dry skin be caused by the winter weather?

A. Yes, central heating can dehydrate the skin, and wind and cold will further dry out the skin. Also, the lower the humidity of the winter months causes water to quickly escape from your skin.

Q. Why do my psoriasis symptoms worsen in the winter?

A. Dry air and low levels of exposure to sunlight's ultraviolet rays likely cause worsening psoriasis symptoms during winter months. Not only are the winter days shorter, but most people tend to spend less time outside lessening the exposure to ultraviolet light from the sun, which eases psoriasis in spring and summer. Also, the lack of humidity in the air outside and the dry heat in most buildings during the colder months can rob your skin of moisture.

Q. My nose has been peeling for months, no matter how much I moisturize, it continues to peel... should I see a doctor?

A. I recommend that you should see a dermatologist. Skin peeling for months is unlikely to be just dry skin. It is possible that you have sun damage that needs to be treated, and the skin isn't able to repair itself, so at a minimum I would advise that you have it evaluated.

Q. I have tiny red elevated dry spots all over my stomach and back. They are small and a little itchy. What are they?

A. Not sure. They could be spots of eczema, a dry skin rash in which case you will probably need a trip to the dermatologist.

Q. I have dry lips which become extremely dry in colder weather. I've heard that maybe I'm lacking vitamins. If I start taking supplements, will my dry lips go away?

A. There is not a single nutrient related to dry skin or lips. More commonly dry lips are caused by lip licking, or breathing with the mouth open while asleep. Sometimes peeling on the edge of lips is caused by sun damage, and may indicate a premalignant condition called actinic keratosis. If the dryness persists, you should see a dermatologist.

Winter dry skin Symptoms can range from mildly annoying to excruciatingly painful. The good news is...**you don't have to live with it!**

**Call Dermatology Associates of the Lowcountry and schedule a consult today
(843) 689-5259**