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Tips for Healthy Skin



**Linda Camp,
M.D.**

November is Healthy Skin Month and a time to highlight the importance of good skin care.

“As the body’s largest organ, your skin serves as a protective barrier against the environment and is vital to maintaining your overall health,” said Linda Camp, M.D., FACS, Board Certified Plastic Surgeon affiliated with SRMC Plastic Surgery and Salem Regional Medical Center’s medical staff. “Taking care of your skin can help keep it in good condition and prevent problems like dryness, dullness, redness, irritation and wrinkling to reduce the signs of aging.”

According to Dr. Camp, a person’s daily habits, skin care routine, environment and diet can impact the health and appearance of the skin. She offers the following tips to help keep skin looking and feeling its best:

- **Wash Your Face Daily:** Use a mild cleanser that doesn’t irritate skin to remove dirt and impurities from the skin’s surface. Avoid washing with hot water, which can strip your skin of natural oils.
- **Moisturize:** Choose moisturizing products that are appropriate for your skin type, such as oily, dry or sensitive skin. Apply moisturizers to slightly damp skin to maximize hydration.
- **Use Sunscreen:** Use a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher to protect skin from the sun’s harmful UV rays, which can prematurely age skin and increase the risk of skin cancer.
- **Manage Stress:** Stress can increase hormone levels in the body that trigger breakouts and other skin problems. Take steps to manage stress such as exercising regularly or practicing relaxation techniques like deep breathing, yoga or meditation.
- **Get Enough Sleep:** Good sleep helps the body, including skin, refresh and recharge. Most adults should aim for between 7 and 9 hours of sleep per night.

- **Eat a Well-Balanced Diet:** Eat a diet rich in fruits, vegetables and whole grains and limit processed or refined sugars and foods, which can increase skin inflammation, irritation and breakouts. Drink plenty of water to keep skin hydrated.

ZO® Skin Health Products

SRMC Plastic Surgery offers the nationally-acclaimed, medical-grade ZO® Skin Health products for achieving and maintaining healthy skin. For more information or to schedule a skin consultation with Dr. Camp, call SRMC Plastic Surgery at 330-332-7383.

SRMC Plastic Surgery is located at 2094 East State Street, Suite G, in Salem, www.srmcplasticsurgery.com.