

Winter Skin Care Tips

Cold, windy, dry weather is frequently the cause of dry winter skin. It can leave the skin feeling tight, flaky and itchy. When your skin is severely dry, it can crack and become painful. Here are some winter skin care tips:

Protection: Protecting your skin during the winter, and all year is important. Long hot showers can cause dry skin and irritation. Limit showers to ten minutes at a comfortable temperature. A humidifier can help to reduce dry skin caused by home heating systems. Snow, water and higher altitude can dramatically increase UV strength. To prevent damage from UV rays wear sunscreen and quality, well-fitting UV-protective eye wear (Kaenon brand) during any outdoor activity. Look for a broad spectrum sunscreen that protects against UVA and UVB rays like MD Solar Sciences SPF 30 Mineral Cream.



What to know about moisturizers: Moisturizing is the most critical step in treating and preventing dry, flaky skin. You should change your moisturizer during the harsh winter months. Thicker creams like, Cerave Cream can be effective for the whole family. If your winter moisturizer does not contain SPF be sure to add that to your skin care regimen. MD Solar Sciences Daily Anti-aging moisturizer contains broad spectrum UV protection and antioxidants. This product builds collagen and gives the skin a more radiant appearance.

Skin Checks: During the winter months, when the skin is fairer – you are more likely to notice a suspicious spot on your skin. Early detection can affect treatment plans to remove skin cancer.

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Please Join Us In Welcoming Dr. Lyle Back for your Cosmetic Surgery needs!



Dr. Lyle M. Back is a well-known Cosmetic Surgeon and has been in the Philadelphia area in private practice for over 20 years. He specializes in the full range of the most modern, state-of-the-art cosmetic surgery procedures and non-surgical cosmetic enhancement techniques available today.

Dr. Back is a Board Certified Plastic Surgeon and has received numerous honors such as “Top Doc” Plastic Surgeon. Dr. Back is listed in the “Guide to America’s Top Surgeons” by the Consumer’s Research Council of America.

Dr. Back has served as a professor of Plastic Surgery at Temple University and St. Christopher’s Hospital for Children in Philadelphia. He has performed reconstructive surgery with “Operation Smile” in Vietnam.

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In The News



It is with deep appreciation that I express my thanks for being chosen “Top Doc” Dermatologist by our patients and the readers of South Jersey Magazine for 2015. I am grateful for the opportunity to continuing to provide you with the best care for all your skin care needs. I wish you all the best for a happy and healthy 2016.

Sincerely,

Dr. Coyle Connolly

Excerpt from “[Dailymakeover.com](#)”

The dailymakeover.com is a New York based health and beauty website with a mission of inspiring women, by integrating users, editors and content creators onto a platform designed to empower all women to discover, share and create.

Read more: <http://dailymakeover.com/dry-skin-on-face/#ixzz3t6GeHhZv>

It is a truth universally acknowledged: Dry skin is displeasing. It’s uncomfortable, unattractive, and annoying to deal with—especially when it’s on our face—and the sheer number of potential causes is mind-boggling. Is it caused by over-cleansing, or using harsh products? Are we not getting the right nutrients, or are we dehydrated? It could be a sign of irritation, or a cry for serious exfoliation help. Whether you’re looking to undo dryness or prevent it from ever occurring, here are four brilliant (and easy) ways to fight flaky skin.

*“Clean skin is happy skin. As soon as you wake up, wash your face with a gentle cream cleanser like CeraVe. This cleans without drying as soaps would, says **Dr. Coyle Connolly**, President of Connolly Dermatology. Before leaving the house, apply a moisturizer with a built-in SPF 30 broad spectrum sunscreen. This keeps your skin protected from damaging UV rays, and also helps your face stay well-hydrated.”*