

# Skin Care

## Are you at risk for contact dermatitis?

(NC)—Any occupation, activity or hobby that requires frequent hand washing, exposure to chemicals may be putting you at risk for contact dermatitis.

Here are some examples of occupations or activities that are at a higher risk for dermatitis:

- Wet work: hairdressers, kitchen workers, bartenders
- Health care professionals: physicians, pharmacists, dentists, nurses
- Everyday irritants: gardening, household chores, nursing mothers, athletes
- Workplace irritants: factory workers, mechanics, gardeners

Although wearing protective clothing and minimizing or avoiding excessive contact with offending agents is the best possible way to prevent dermatological problems, it is not always convenient or possible to do so. Therefore, using a hypo-allergenic,

non-irritating and fragrance-free protectant that not only prevents moisture loss, but actively protects the skin is recommended. One unique skin protectant currently available on the market is called Prevox Cream. It is a skin protectant that differs from moisturizers—it contains a highly refined petrolatum that offers cosmetically elegant protection and seals the skin, retaining the skin's natural moisture, without leaving a greasy feeling.

The problem with using everyday moisturizers is that they often act as magnets, attracting more dirt and dust to hands. As a result, hands have to be washed more frequently; something which is much better to avoid. So, short of having to wear cumbersome gloves, skin protectants offer a sensible, practical alternative to protecting the skin.

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## Tired of wearing protective gloves?

(NC)—Your skin, one of the most active yet under appreciated part of the body, works continuously to protect you from a barrage of external irritants: ultraviolet light, excess oxygen and invading chemicals. When your skin's barrier is disrupted by solvents, detergents or low humidity for example, the skin produces an increase in protective lipids to start the repair process. Recent studies show that it takes up to 3 days for your skin to fully repair itself. As you get older this process takes increasingly longer.

Soaps, shampoos, moisturizers—whether with fragrances, perfumes and antibacterial agents—all serve the purpose of maintaining basic skin care. However, soaps and shampoos, even water, can be irritating when used in excess. Allergies to certain fragrances or

compounds in moisturizers make us susceptible to rashes, dermatitis and even severe allergic reactions.

### Dry Skin

We have all experienced it—that scaly, rough and even cracked skin, that starts with an itch and can end up being painful. The problem gets worse for those who frequently work with water or wash their hands repeatedly during the day. In fact, everyone can benefit from wearing a skin protectant cream. Prevox Cream is one example of a skin protectant that contains a uniquely refined petrolatum and offers cosmetically elegant protection that seals the skin retaining the skin's natural moisture without leaving a greasy feeling.

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## Prevention tips to softer skin

**Q: I work outdoors and my hands get chapped and rough. I wash them often with detergent. Every moisturizer I have tried does not work and I have to keep reapplying it. No moisturizer works for me. Is there anything that can help me?**

**A:** Avoid contact with detergents, soaps and solvents that could cause your skin to feel dry. These products can strip the natural oils from your skin preventing it from retaining moisture. Always try to use mild soaps and wear rubber gloves if you need to handle harsh detergents or chemicals. If you can't avoid irritants, try using a highly refined petrolatum-based skin protectant like Prevox Cream. It won't irritate your skin and will protect your hands. Its unique formula allows your skin to feel smooth and you won't need to reapply it as often as basic moisturizers.

**Q: What causes dermatitis and how do I stop it?**

**A:** Contact dermatitis (a non-allergic skin reaction) accounts for 80% of all contact-related skin conditions. Water, soaps, detergents, plants, foods, cosmetics, polishes and solvents can all irritate your skin, causing it to feel dry, inflamed and even bleed. In some cases, discomfort may be severe enough to interfere with daily activities at work and in the home. Using a skin protectant like Prevox Cream can greatly reduce the impact of irritants and help prevent problems like contact dermatitis.

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## Basic skin care

(NC)—Our skin goes through a great deal of hardship in the course of a regular day. It is greatly influenced by our exposure to environmental factors—changes in weather, chemicals, excessive washing and cleansing, extensive work with water—all these take their toll eventually, and we usually realize it when it's too late. What happens is that the natural oils in your body quickly evaporate (especially if you wash your hands often), and they are not given enough time to replenish themselves naturally. The result: skin that is dry, cracked and even bleeds. Dry indoor air, people whose hands are often submerged in water or who work with chemicals, even household products are the culprits behind this potentially serious problem.

### Treatment

Prevention is always the best medicine. Wearing protective gloves, increasing the humidity level in your home or at work are ways to help avoid dry skin problems. However, gloves are not always convenient or socially acceptable, so using a cream that not only seals it to avoid moisture loss, but also protects the skin is crucial to proper skin care. A uniquely formulated cream called Prevox, offers excellent long-lasting protection against external irritants. It seals the skin, allowing it to retain its natural moisture, without leaving a greasy feeling. It does not attract dirt and does not need reapplying after every hand washing, since it lasts for up to six washings.



Products like Prevox Cream that do not contain perfumes or fragrance are an added benefit because of potential allergies. Unfortunately, most traditional

moisturizers contain these and can cause serious problems, especially if the skin is already inflamed.

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## Moisturizers vs. Skin Protectants

(NC)—There are many types of moisturizers available on the market today, promising everything from wrinkle-reduction to age-defiance, but do they protect the skin against external irritants?

### Moisturize without Protection

Moisturizers are formulated using a broad range of lipid-water ratios. Products with a higher percentage of lipids are good occlusive agents, however, they tend to be very greasy. Water-in-oil formulations such as lanolin and traditional cold cream are not water-soluble and difficult to

wash off. Emollient lotions are dilute dispersions of emulsified lipids in water. They offer the smoothest application and quickest hydration, however, they provide the least protective effect on the lipid barrier. Water-repellent skin protectants that include petrolatum are excellent for a variety of individuals who expose their hands extensively to water, chemicals or repeated washings. Prevox Cream, which contains a unique, highly refined petrolatum is used in the treatment of dermatoses, is less greasy and lasts up to 5-6 hand washings.

### The Added Benefits of Skin Protectants

Occlusion and humectancy represent two of the more common methods of protecting the skin. Humectants work by merely adding water to the skin. The process of occlusion offered by products such as Prevox Cream, works by effectively locking in the skin's own natural moisture. While allowing the skin to retain moisture, it also leaves hands feeling smooth and soft. Its distinctive petrolatum-based formula is absolutely ideal for people who require serious skin protection.

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## Hand dermatitis and the health care worker — a serious and underestimated problem

(NC)—Hand dermatitis is a significant cause of occupational illness in North America. Although it is often dismissed as non-serious, it does cause many workers to change their work methods or even their occupations. In a recent survey of health care workers, dermatitis was reported in up to 70% of workers with a frequency of hand washing of over 35 times per shift.

### The Cause

Health care workers in an effort to decrease the spread of infection to patients and themselves, must wash their hands frequently. Because dermatitis disrupts the protective barrier provided by the skin, there is an increased risk of contracting diseases. It becomes a serious health hazard when workers must take leaves of absence to visit physicians or miss work because of dermatitis.

### Steps to help stop and prevent dermatitis

Contact dermatitis from hand washing can be a serious problem. However, taking measures to protect your skin can help stop and even prevent frequent hand washing from stripping your natural oils. By using a cream like Prevox, which contains a highly refined petrolatum, the moisture is sealed in and the cream also coats the hand like an invisible glove. In addition, hands don't feel sticky or greasy and this cream does not attract dirt and dust. One small application of the hypo-allergenic, fragrance-free cream lasts up to 6 hand washings.

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