

Healthy News

from **AproDerm®** *What your skin would choose*



Issue Five - Summer 2021

Welcome to our newsletter

Summer means happy times and good sunshine. Protect and brighten up your skin this summer by following the skin care tips and advice we have put together for you.

In this edition...

- How Heat Affects Your Skin
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How Heat Affects Your Skin



The sun is shining and temperatures are soaring. After a long cold winter, it can be wonderful to feel the sun on your skin, however, the heat can make eczema and other dry skin conditions flare-up.

Everyone is different, and therefore our skin responds differently to environmental changes. Some people's skin

gets better in the summer months, while others notice that their skin can feel tight, itchy and extremely hot. There are a number of ways in which the warm weather can trigger skin dryness and exacerbations of eczema:

Some like it hot

If you've ever seen a leaf shrivelling up under the burning sun, you'll understand that »



available at
amazon



Benefits of AproDerm® Colloidal Oat

- Hydrates the skin by reducing the rate of water loss as well as naturally attracting and retaining moisture
- At sundown apply **AproDerm® Colloidal Oat Cream** as a soothing after sun
- Colloidal oat also acts as a gentle exfoliator for skin so it's excellent for removing dead cells whilst maintaining the skin's natural pH
- Cleanses the skin by absorbing dirt and dead skin cells
- Proven to protect and restore your skin's barrier as well as calm any redness or itching
- For a nice cooling feel on the skin you can use **AproDerm® Colloidal Oat Cream** straight out of the fridge



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exposing something to heat can increase the loss of moisture. Your skin is no different. This heat can be from a direct source like a fire or electric heater, or it can be from the heat of the sun. Heat can also lead to the development of prickly heat type symptoms which can really exacerbate itching.

Sun safety

UV light is used as a treatment for eczema and some people find that sunlight soothes their skin, however UV exposure can also dehydrate the skin. Everyone needs to protect their skin from the harmful effects of the sun's rays but sun creams can contain ingredients that sensitise your skin and trigger a flare-up. Take care and look at the labels for known irritants and fragrances. Many people with eczema find that a broad-spectrum mineral block is kinder to their skin than chemical formulations.

The sweat factor

Sweating is the body's instinctive response to heat. As sweat evaporates it cools the body down, dropping the temperature and making us

more comfortable. However, sweating can make the itch of eczema much worse.

Research suggests that people with eczema may be super-sensitive to substances in their own sweat, triggering an allergic reaction and itchy, irritated skin. The chronic scratching of eczema can also make the skin thicker, this results in increased sweat production, compounding the problem. Once sweating has triggered the itch, it can be a vicious cycle. You scratch, which damages the skin's protective barrier causing more irritation, inflammation and itching. It's the frustrating itch-scratch cycle that people with dry skin conditions are all too familiar with.

Dry environment

It's not just heat that affects your skin, it's the humidity too. A hot dry climate can make the skin more likely to flare up. Annoyingly there's no escape by hiding away inside, because air conditioning can also dry out your skin.

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6 Skin Care Tips for Cycling



Bike week 2021 has arrived! This much awaited event has finally come to grace cycling fans worldwide and, if you haven't already got on your bike while in lockdown then hopefully this will encourage some of us to do so.

So, here are a few skin care tips to consider before you go for a ride to help you prevent any skin issues that can get in your way.

1 Sun Cream

Make sure you have applied sun cream. The sun is a force to be reckoned with. Prolonged exposure can have some detrimental effects on the skin, causing sun burn, premature ageing and increasing the risk of skin cancer.

2 Moisturise

Riding against the wind can make your skin dry and dehydrated which can lead to cracking. So it's a good idea to keep your skin well moisturised.

3 Protect

Get your self a good chamois or **barrier cream** to protect the anatomy around the seat area from the effects of constant abrasion and friction whilst cycling.

4 Hydrate

The simplest way to keep your skin hydrated is to drink plenty of water, both when on and off the bike.

5 Exfoliate

Exfoliating helps prevent ingrowing hairs by removing dead surface cells that trap the hair under the skin which can cause saddle sores.

6 Clean Skin

Of course I don't have to tell you however be sure to keep your skin clean in order to avoid skin irritation and infections. Take wet wipes with you so you can freshen up.

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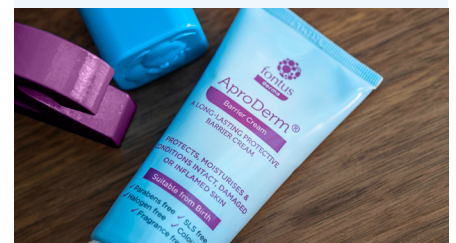


3 Summer Skin Care Tips

- **SPF!** Get yourself some sun cream and **DON'T** leave home without it. Use a broad spectrum mineral screen (SPF 30 or higher) on all exposed areas of the skin. Make sure you re-apply every couple of hours to stay protected
- Hydrate your skin by drinking plenty of water and eating foods with a high water content throughout the day. This will help prevent your skin looking dull and feeling tight
- Use a light texture moisturiser like **AproDerm® Colloidal Oat Cream** to leave the skin feeling soft and refreshed. Thicker moisturisers can lead to clogged pores and not feel as pleasant on the skin during the summer months

AproDerm® Barrier Cream

With its advanced triple action formula is suitable from birth and designed to protect and moisturise skin. **AproDerm® Barrier Cream** helps to prevent and treat nappy rash, protect from the irritating effects of incontinence and friction between skin folds. Free from common irritants and vegan friendly **AproDerm® Barrier Cream** is gentle enough for the whole family and is formulated to maximise skin coverage so you only need a small amount.





FAQs about the AproDerm® Range

Q: Can you use AproDerm® Colloidal Oat Cream as a shampoo?

A: AproDerm® Colloidal Oat Cream can be used on your scalp as a shampoo. Part your hair into several sections and apply the emollient, then massage into the scalp and rinse. It won't lather however it will cleanse your scalp but may leave hair a bit greasy.

Q: How many pumps do you get out of this & how long does one bottle last?

A: If you press the nozzle down fully in one go, approximately 4g of cream is released, so you get around 125 pumps per bottle. With regards to how long this bottle lasts, that is dependent on how often you are using the product and the size of the area that the cream is used on.

Q: Is AproDerm® Colloidal Oat a steroid cream?

A: AproDerm® Colloidal Oat Cream is not a steroid cream. It contains Colloidal Oat as the main ingredient and is also paraffin free.

Q: Does the AproDerm® Barrier Cream clog nappy pores.

A: AproDerm® Barrier Cream does not clog nappy or incontinence pad pores therefore allowing maximum absorption.

Q: Is the AproDerm® Barrier Cream thick, preventing me from seeing the damaged skin area.

A: AproDerm® Barrier Cream goes on clear so you can see the underlying skin healing.

10 Truths About Psoriasis



Many myths have been told about Psoriasis. Here are some interesting facts that will dispel some of these...

1. Affects around 2% of people in the UK...approximately 30-50% of adults with psoriasis develop it before they are 20 years.
2. Psoriasis can develop in men and women at any age, but it most commonly develops in adults under 35 years.
3. Exact cause unknown, but it involves genetics, the immune system and environmental factors...about 30% of sufferers have an affected first-degree family member. Although psoriasis can be hereditary, the way it is inherited is complex.
4. There are various different types of psoriasis... Plaque, Inverse, Guttate, Pustular, Erythrodermic.
5. Smokers have an increased risk of developing psoriasis compared to non-smokers... the toxins from cigarette smoke may also aggravate existing psoriasis.
6. Triggers of flare-ups include: infections, stress, alcohol, certain medications such as beta blockers and maybe vitamin D deficiency.
7. According to WHO, at least 100 million individuals worldwide are affected by psoriasis.
8. Psoriasis is not contagious...so there is no risk of 'catching' it!
9. No cure, but there are various effective treatments...such as emollients, vitamin D-based treatments, steroid creams or ointments and dithranol.
10. Moderate sunbathing can benefit psoriasis...but sunburns should be avoided!

Ask Eczii



"Apro Greetings, Eczii here, I've been asked lots of questions about something called Plaque Psoriasis so I thought I would share the answers with you. Tap the Read Me button to find out what it's all about."

READ ME