

# Ask The Doctor

## Advice On Healthy Skin Care Year-round

(NAPSA)—Top New York dermatologist Dr. Meghan O'Brien answers a few common questions about keeping skin healthy-looking and vibrant all year long.

**Q. My skin is dry, so I exfoliate, but it seems to make the condition worse. What am I doing wrong?**



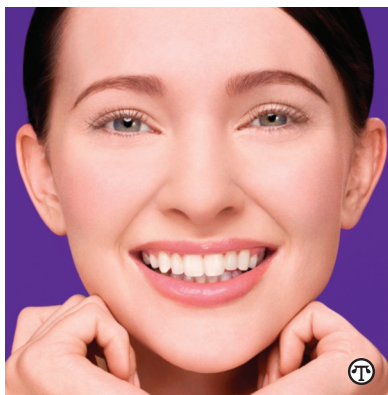
**Dr. O'Brien**

**A.** When skin is dry, there's an instinct to exfoliate, but actually, scrubbing and exfoliation can irritate the skin and strip it of vital moisture. Instead, you can improve the appearance of dry

skin by using a gentle, creamy cleanser and rich moisturizers. There are new products available that are designed for redness and sensitive skin, to help calm and soothe both instantaneously and long term.

**Q. My skin gets drier as the weather gets cooler. What products should I be using?**

**A.** As the air chills, the skin requires more moisture. Typically, I suggest a lighter-textured lotion during the warm months, when heat and perspiration can make the skin look greasy, then increasing to a thicker, more moisturizing cream (day and night cream) as the weather gets cooler to help maintain the right level of moisture in the skin. I look for cosmetic skin care with leading-edge ingredients in the formula at clinically tested levels to get real results. A favorite is Physicians Formula Anti-Aging Deep Wrinkle Corrector Day & Night Cream. It's designed to improve the moisture barrier, strengthen and firm skin and protect collagen all at once.



**Whatever the weather, the right skin care regimen can help keep your skin looking vibrant and more youthful.**

**Q. Is the change of seasons a good time to add certain products to my daily regimen?**

**A.** It's important to maintain a well-rounded skin care regimen throughout the seasons. Many people simplify their skin care in the summer, and if you've done this, you want to make sure that you add those products back to your regimen; for example, using specialized anti-aging products. If you skipped an under-eye cream, you'll benefit from adding it back to promote moisture in this delicate, sensitive area. Consider Physicians Formula Moisture Balance Hydrating Eye Cream, a nutrient-rich cream that provides intense moisture in a lightweight, refreshing formula. The entire collection is found exclusively at Walmart.

• *Dr. O'Brien is a clinical instructor at Weill Cornell Medical College and a board-certified dermatologist specializing in comprehensive medical and cosmetic dermatology.*