

Skin Care News & Notes

Say Goodbye To Bumpy Skin

(NAPSA)—It's sometimes called "chicken skin" and the good news is those rough, scaly patches are nothing to fear.

Millions of people are affected by this rarely mentioned but all-too-common hereditary condition officially known as keratosis pilaris. Usually found on the upper arms and thighs, it's manageable with the right skin care regimen.

Keratosis pilaris tends to occur as excess keratin, a natural protein in the skin, accumulates around hair follicles. Unattractive more than anything else, it most often appears as a proliferation of tiny hard bumps that are seldom sore or itchy. Though people with keratosis pilaris experience this condition year round, it's during the colder months when moisture levels in the air are lower that the problem can become exacerbated and the "goose bumps" are apt to look and feel more pronounced in color and texture.

More than 50 percent of adolescents and 40 percent of adults are prone to this condition, though it generally becomes less obvious as one gets older.

Although there's no cure, proper care can control the problem. Dermatologists recommend chemical exfoliants that are found in alpha hydroxy moisturizers, such as Eucerin's Plus Intensive Repair Creme, rather than physical exfoliants, such as a loofah sponge, which can be too abrasive on the skin. This type of treatment is very effective because it prevents hair follicles from clogging. In fact, a recent clinical study on people with keratosis



You can smooth away rough, bumpy skin on the backs of arms and legs with a special moisturizer.

pilaris found skin tone and texture were improved after just two weeks of using Eucerin's alpha hydroxy moisturizer.

It's also important to prevent excess skin dryness by using mild cleansers and effective moisturizers. If these measures don't work, a dermatologist may prescribe a topical steroid or special preparation containing salicylic acid or urea. Thereafter, continued use of an alpha hydroxy moisturizer should keep the problem under control.

You can also talk to your doctor about vitamin supplements and the best moisturizing treatment for your skin. Your "chicken skin" should be manageable in no time.

You can learn more online at www.eucerin.com.