

Cold Weather Advice For Healthy Skin



(NAPSA)—Experts say that the winter months can take a serious toll on skin and remind us to follow skin care regimens to adapt to cold temperatures, strong winds and harsh conditions.

“Skin care routines should be tailored to each season. People are often under the impression that skin only needs to be protected in the summer, when in fact, winter weather can be just as damaging,” says Dr. Carolyn Jacob, board-certified dermatologist and director of Chicago Cosmetic Surgery and Dermatology.

Complexion changes, dryness and other sensitivities are issues that can occur when cold air and low humidity deplete the skin’s lipid supply. Unfortunately, this can sometimes lead to a dull or flaky-looking appearance. Skin can also become irritated and itchy in cold weather. Moisturizing and exfoliating become especially important components of wintertime skin rituals.

Unlike seasonal symptoms, acne is a year-round skin concern that is estimated by the American Academy of Dermatology to affect 85 percent of the U.S. population. A treatment option for those seeking clear or almost clear skin is SOLODYN® (minocycline HCl, USP) Extended Release Tablets. SOLODYN® is the only oral antibiotic approved to treat only the red, pus-filled pimples of moderate-to-severe acne in patients 12 years of age and older. The once-daily, weight-based dosage can be taken with or without food and has been shown in studies to be well tolerated.

Winter Skin Care Tips

If you are worried about your skin, Dr. Jacob suggests first consulting a dermatologist who can make a professional assessment, create a plan of action and explore possible treatment options. Family or friends may be good resources for physician recom-

mendations. To keep skin healthy during the winter, Dr. Jacob offers the following five tips:

1. Continue with sunscreen all year round.

Make it a lifelong habit to use a daily sunscreen with an SPF of 15 or higher. The sun reflects about 80 percent on snow, so people who enjoy skiing or snowboarding should take extra precaution.

2. Exfoliate at least once a week.

A mild exfoliating scrub can help moisturizers work better and get rid of flaky skin.

3. Try an oil-based moisturizer.

Compared to their water-based counterparts, oil-based moisturizers add a protective layer on the skin that results in added moisture. Look for facial moisturizers that contain nonclogging oils, such as mineral or avocado oil.

4. Lukewarm baths and showers are the way to go.

To avoid dry skin, bathe or shower in lukewarm water for a short period of time. As difficult as it may be to give up hot water during the coldest season of the year, it’s healthier for your skin.

5. Don’t forget about the inflammatory lesions of acne.

If you are prone to breakouts, see your dermatologist. Your physician can help you find a treatment option, such as SOLODYN®, that may treat the red, pus-filled pimples.

Please see below for important safety information for SOLODYN® and accompanying Patient Prescribing Information. For complete product and safety information, visit www.Solodyn.com.

Important Safety Information

SOLODYN® is the first oral antibiotic approved to treat only the red, pus-filled pimples of moderate-to-severe acne in patients 12 years of age and older. SOLODYN® won’t improve infected acne cysts (nodules) under the skin. In clinical

studies, SOLODYN® did not work on blackheads or whiteheads. It is not known whether this kind of minocycline will be effective in treating infections. You should use SOLODYN® only as directed by your doctor to reduce the chance that bacteria will become resistant to this anti-bacterial drug and similar drugs. The most common side effects were headache, tiredness, dizziness and itching. SOLODYN® contains minocycline. Like other antibiotics based on tetracycline, minocycline can harm an unborn child when taken by a pregnant woman. Tetracycline drugs should not be used when a child’s teeth are forming (during the last half of pregnancy and up to 8 years of age) because they may cause permanent darkening of teeth. Severe irritation and bleeding in the colon (pseudomembranous colitis) have been reported with nearly all antibiotics and may range from mild to life threatening. Talk to your doctor if you have severe diarrhea. Light-headedness, dizziness and a spinning feeling have been reported by patients taking minocycline. In rare cases, patients can develop a worse sunburn. Don’t use SOLODYN® if you are pregnant. Men and women who are trying to conceive a child should not take SOLODYN®. SOLODYN® may make an oral contraceptive less effective. This drug should not be used by anyone who has had allergic reactions to any of the tetracycline drugs. The safety of using SOLODYN® longer than 12 weeks has not been studied and is not known. For more information, visit www.solodyn.com/prescribing_information.aspx.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call (800) FDA-1088.

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