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Plastic surgeon Dr. Deborah S. Bash at Mayo Clinic discusses the importance of good year-round skincare.



As Arizona's warm weather approaches and we are out in the sun for longer periods of time, it is time again to remember to take care of your skin. Recently, Mayo Clinic's Medallion Program conducted a Skincare Salon in which plastic surgeon Dr. Deborah S. Bash talked about the importance of good skincare in Arizona's dry climate. The first basic habit of good skincare is to protect it from the sun. You do not need extra time in the sun to make vitamin D—in fact, your risk of getting a melanoma from sun exposure is much higher than ever having a vitamin D deficiency. (The American Academy of Dermatology recommends that vitamin D be obtained from a healthy diet that includes foods and beverages naturally rich in or fortified with vitamin D or vitamin D supplements.)

To shield skin from harmful rays, sun block should be applied every two hours when outside (that includes when you are in your car as the UVA rays, which cause skin cancer, still penetrate through the car windows). Sun block that is in makeup or lotions is not present in high enough concentrations to provide adequate protection. A separate sun block should be used, and SPF 50 or higher is recommended.

Other skincare products can also help with aging skin or protecting against the effects of the environment. General moisturizers that have petroleum-based ingredients will help minimize loss of moisture from the skin. Glycerin-type ingredients can penetrate the skin's barrier and add moisture to the skin. Acids, like glycolic, help remove the dead skin cell layers gently, letting the moisturizers or antioxidants penetrate into the skin more easily. Many plant based-ingredients including chamomile help calm and soothe irritated skin. Other antioxidants, when used regularly, can help the skin repair sun damage and prevent some future damage. Ask your dermatologist or plastic surgeon for specific product recommendations.



For more than a century, Mayo Clinic has given patients peace of mind knowing they received care from the world's leading experts. Since opening in Arizona in 1987, Mayo Clinic continues its tradition of a team of specialists listening to thoroughly understand and find the answers to patients' health issues and concerns. The new Medallion Program offers patients unprecedented and timely access to Mayo Clinic's experts and facilities in a private and serene campus located in North Scottsdale.

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Mayo Clinic Medallion Program

480.614.6030, www.mayoclinic.org/medallion-program