

# staying HEALTHY



**HORIZON**  
HEALTH



## Got dry skin? Try moisturizing

There is an effective way to combat dry skin this winter—and year-round—use a moisturizer.

Many things can cause dry skin, including weather, central heating, hot baths and showers, and harsh soaps and detergents. Medical conditions also can cause dry skin, such as diabetes, kidney disease, thyroid disorder, and eczema. Applying a moisturizer can help relieve and prevent dry skin, protect sensitive skin, improve skin tone and texture, and prevent infections.

Selecting the most effective moisturizer depends on many factors, including a person's skin type, age, and whether a specific health condition exists.

The Mayo Clinic offers the following recommendations for using a moisturizer based on skin type:

- **Normal skin.** For skin that is neither too dry nor too oily, use a water-based moisturizer that has a light, non-greasy feel. These moisturizers often contain lightweight oils or silicone-derived ingredients.

- **Dry skin.** Choose a heavier, oil-based moisturizer. For very dry and cracked skin, petrolatum-based products are preferable. They have more staying power than creams and are more effective at preventing water from evaporating from the skin.

- **Oily skin.** Oily skin needs moisture, too, especially after using skin care products that remove oils and dry out the skin. Lotions generally contain a higher percentage of water than creams. They are easier to apply and are less likely to aggravate acne-prone skin. Choose a water-based product that is labeled noncomedogenic, which means it will not clog pores.

- **Sensitive skin.** Use a moisturizer that does not contain potential allergens, such as fragrances or dyes.

- **Mature skin.** Choose an oil-based moisturizer that contains petrolatum as the base, along with antioxidants or alpha hydroxy acids to combat wrinkles. These ingredients help hold in moisture and prevent flaky, scaly skin.

The National Eczema Association's "Soak

*(continued on back)*

## Joy Williams, APRN, FNP

Joy is a family nurse practitioner in the Paris Clinic who specializes in dermatology.

She became a family nurse practitioner in July 2015. She has been a registered nurse since 2008 and has experience as a dermatology nurse.

Prior to Horizon Health, Joy provided dermatology services for children and adults at a clinic in Olympia, Washington. Her experience includes working as part of a team for a medical weight loss program and providing primary care for US veterans/active duty personnel in Galesburg, Illinois.

Joy has a master's degree in nursing from the University of Illinois—Chicago. She has a bachelor's degree in nursing from Methodist College of Nursing in Peoria and an associate's of science degree from Illinois Central College in East Peoria.

Joy was raised in Hanna City, Illinois, a small rural community outside Peoria.

In her spare time, Joy enjoys reading, being outdoors, traveling, and spending time with family, friends, and her dogs.



**Paris Community Hospital**  
727 E. Court St., Paris, IL 61944

**Oakland Clinic**  
5 S. Walnut St., Oakland, IL 61943

**Chrisman Clinic**  
112 W. Madison Ave., Chrisman, IL 61924

**EZ Care—Marshall** *Coming soon!*  
1602 N. Illinois Hwy 1, Marshall, IL 62441

**Paris Clinic**  
727 E. Court St., Paris, IL 61944

**EZ Care**  
1 Phipps Lane, Paris, IL 61944

**Senior Care**  
15323 US Highway 150, Paris, IL 61944



## Protect your lips this winter

A person's lips are made of muscle and the thinnest skin on the body. Because they do not have sweat or oil glands, they can become chapped and easily irritated.

Dry lips can be painful, especially when they crack and bleed. This tends to occur more during cold winter months. But warm weather and sun exposure can cause lips to dry out as well.

The Cleveland Clinic offers the following tips to keep lips smooth this winter:

- **Do not lick your lips.** Putting saliva on the lips makes them even dryer. Enzymes in saliva are meant to digest food and irritate the lips.
- **Use a lip balm that is ointment-based.** This will lock in the moisture and help heal cracks and splits in the skin. Choose a healing ointment that contains petrolatum, essential oils, or glycerin. Another important ingredient is sunscreen, which is equally important in the winter.
- **Avoid lip balms containing camphor, eucalyptus, and menthol.** These substances dry out lips and make the problem worse.
- **Avoid brushing or rubbing your lips when they are flaky or peeling.** Scrubbing lips or removing peeling skin creates cracks and sores. Instead, apply a heavy ointment-based balm to soothe lips and help them heal.
- **Treat cracks immediately.** Not doing so can make the problem worse, leading to infection or a cold sore.
- **Apply lip balm before going to bed.** Many people sleep with their mouths open. Breathing through your mouth can dry lips. Also consider using a humidifier at night if the air in your home is dry.

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## Moisturizing *(continued from front)*

and Seal" method is recommended by many healthcare providers to combat dry skin. The process is as follows:

- Fill bath with warm water and soak for 5 to 10 minutes.
- After bathing, pat the skin lightly with a towel, leaving it slightly damp.
- Apply any prescription topical medication to affected areas of skin as directed.
- Within three minutes, liberally apply a moisturizer all over the body, preferably a cream.
- Wait a few minutes to let the moisturizer absorb into the skin before dressing or applying wet wraps.

## FEBRUARY & MARCH Community Health Programs

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### STAY STRONG, LIVE LONG

#### Ongoing

- » This free exercise program for seniors takes place on Tuesdays at 10 am at the Chester P. Sutton Community Center for Seniors of Edgar County. The program helps maintain and increase overall strength to make everyday tasks easier. The program is instructed by licensed Horizon Health Rehab staff.

### FREE ADULT CPR/AED CLASS

#### February 1

- » The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room D. Call 217-466-4320. When calling, leave your name and you will be registered.

### WEAR RED LUNCHEON

#### February 1

- » Horizon Health's sixth annual Wear Red Luncheon will take place during National Wear Red Day at noon at Café France in Paris. The speaker will be Dr. Maria Horvat, an OB/GYN provider who will join Horizon Health full-time in February. Her presentation is titled "At the Heart of It All." Cost is \$20 per person. Tickets can be purchased at the Paris Community Hospital registration desk. Call 217-466-4294.

### MONTHLY HEALTH SCREENINGS

#### February 1 & March 15

- » Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings from 7 to 9 am. Fasting for eight hours in advance required. Cost is \$25. Call 217-466-4228.

### VOLUNTEERS' CHOCOLATE SALE

#### March 25 & 26

- » The PCH Volunteers will host a chocolate sale from 8 am to 4 pm by the rotunda entrance to the Paris Clinic.

### DOCTORS' DAY

#### March 30

- » Join Horizon health as it celebrates National Doctors' Day. Be sure to thank your physician for the care that he or she provides.