

# How to Adjust Your Daily Skincare Routine When Medications Cause Dry Skin

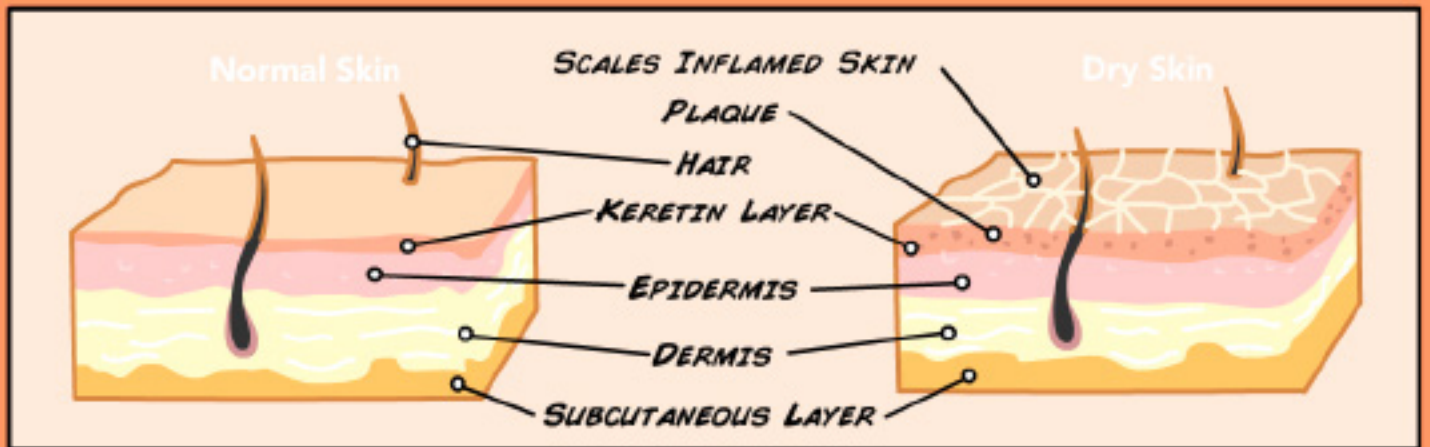
## Which Common Medications Can Cause Dry Skin?

- Cholesterol-lowering medications like statins
- Drugs to treat high blood pressure
- Diuretics
- Cimetidine
- Anti-androgen drugs (used to treat acne, excess facial hair in women, amenorrhea, pattern baldness)
- Anticancer drugs



## What's Happening in Your Skin?

In the outermost layer of skin, proteins and lipids form a protective barrier that holds water in and blocks out harmful substances. Medications can compromise the skin barrier by decreasing essential lipids or reducing the amount of water under the barrier.



## Maximum Moisturization is Your Top Priority

Moisturization rebuilds the barrier, rehydrates skin, and stops itching.

- Apply at least two to three times daily or as often as needed and always after bathing



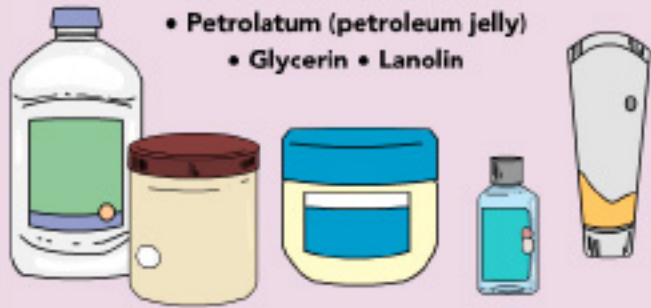
## How to Choose the Best Moisturizers?

The most effective moisturizers contain lipid-based emollients that soften and soothe skin by repairing the skin barrier. They should also contain humectants that boost hydration by attracting and binding water to the skin.

Look for these ingredients:

### Emollients

- Mineral oil • Cocoa butter
- Petrolatum (petroleum jelly)
- Glycerin • Lanolin



### Humectants

- Urea • Glycerin
- Alpha hydroxy acids (glycolic acid, lactic acid)
- Panthenol • Hyaluronic acid



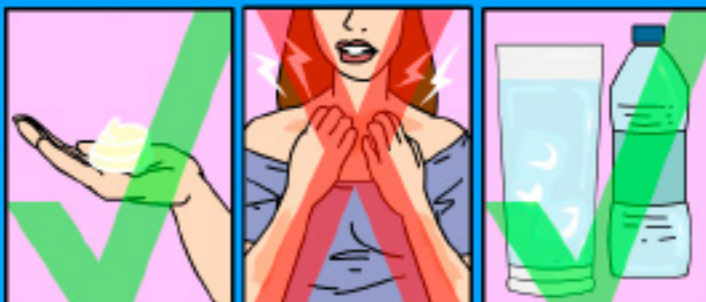
## Make These Changes in Your Daily Cleansing Routine:



- Cool it down – Wash with lukewarm water (hot water strips essential oils) and take short showers that don't last more than 10 minutes.
- Keep it gentle – Don't scrub excessively; avoid harsh personal care tools.
- Think mild – Use soap-free, gentle cleansers; avoid products that contain perfumes, antibacterial, deodorant ingredients, or other substances that might irritate your skin.

### Top 3 Tips:

- Thicker creams and ointments are more healing.
- Don't scratch! Dry skin is itchy, but scratching tears the barrier and can lead to infection.
- Drink water—get 6 to 8 cups throughout the day to support hydration from within.



### When to See a Doctor?

Talk to your doctor when itching and skin irritation interfere with sleeping or your daily activities, you see signs of infection (swelling, redness, heat, pain), or daily care doesn't improve the problem.

