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Getty Images You probably don't understand this, but your skin is constantly reinventing itself: the outer layer is restored every month. The biggest organ of your body should remain in first-class shape because it has important work to do, how to protect you from pathogens, elements and everyday bumps and falls. You can help by giving your skin the TLC it deserves. That means eating the right nutrients, slathering on sunscreen, and checking for suspicious spots, said Jessica Wu, MD, professor of dermatology at Keck University School of Medicine in Southern California. Bonus: The same healthy habits will keep your skin soft, smooth and gorgeous, too. Advertising Getty Images In order to understand how to keep skin healthy, it helps to know these important terms: Epidermis makes new skin and pigment It also contains Langerhans cells that help regulate the immune system. Derma holds holds skin structures in place. Subcutaneous fat pillows both protect your body and help you stay warm. Sebaceous glands produce a fatty substance to keep the skin smooth and soft. Blood vessels remove waste (such as CO2) and transport nutrients through layers of skin. Hair follicles attach to tiny muscles that cause your hair to stand up (giving you goosebumps) and traps heat when you're cold. The sweat gland secretes sweat to moisten the surface of the skin and cool you down. Nerves send signals to your brain, so you know how something feels and react to it (for example, you pull your hand back out of a hot pot). Getty Images Got a Lot of Deep Folds? You may be at a higher risk of developing low bone density after menopause, according to a study by the Yale School of Medicine. This makes sense, says Debra Jaliman, M.D., professor of dermatology at Icahn Medical School on Mount Sinai in New York, because the skin and bones are made from the same type of collagen. Another study, from the Netherlands, found that women with saggier skin had higher blood pressure. Wrinkles can signal that your body isn't doing enough protein elastin, which helps keep your skin and blood vessels elastic, notes Dr. Jaliman. Wrinkles can also be a hint that you need more closed eyes: women who got five or fewer hours a night had thinner lines than those who went into full night sleep, according to a 2013 study. When you save on rest, your body has less time to do its nightly repair work on collagen and elastin, explains Dr. Jaliman. Advertising Getty Images Is important to alert your derm to any new growth. But this is especially important if the mole exhibits one or more signs of ABCDE melanoma: asymmetry, roughness of the border, color changes, diameter that is larger than a pencil eraser, and a developing size, color or shape. You should also have your dermis examine everything that looks like a pimple or ingrown hair and not go away for three weeks. It can be either basal or squamous cell carcinoma, two forms of non-melanoma skin cancer, said dermatologist Sean Allen, MD, a spokesman for the Skin Cancer Foundation. They are much less likely to be lethal, but still require removal; and the longer you wait, the more they grow. If you notice a suspicious spot, you may be tempted to use a skin cancer app that allows you to submit a photo for automated analysis or the opinion of a dermatologist. It's unreliable, warns Dr Allen. It's hard enough to make a call about something that should be a biopsy when a person is standing right in front of you. It is better to move to always plan a face-to-face appointment. Getty Images If you're unhappy with freckles, sunspots, or melanoma (patches of gray-brown skin), these treatments erase them. Tri-luma: This Rx cream packs a triple punch: hydroquinone skin bleach, skin retinoid and steroid to reduce irritation. Since high doses of hydroquinone have related to cancer in rats, many doctors recommend limiting use. Cost: About $150 for a four-month supply. Glycolic acid peeling: These medical forces peels contain at least 30 percent glycolic acid, and some dermatologists will mix in hydroquinone for additional potency. Most women need three to five peels before they see the results. Cost: $200 to $250 per peel. Lasers: They are very effective in zapping freckles and sunspots, said Heather D. Rogers, MD, professor of dermatology at the University of Washington School of Medicine in Seattle. Patients usually need three or more treatments. Cost: About $500 per session. Getty Images As you inject perimenopause, which can start as early as the 30s- your estrogen levels drop, while male sex hormones, like testosterone, remain almost constant, says Dr Wu. This imbalance can send your oil glands into overdrive, causing you to break free as a teenager. Look for over-the-counter products with retinol, which fights both wrinkles (by increasing cell fluidity) and acne (by unlocking pores). Or ask your derm about a retinoid recipe like Renova, which can be a good choice for aging skin. But if you're experiencing a large, pustulelike cyst, you probably need something stronger: I sometimes put patients on blood pressure medication spironolacton, which restores hormonal balance, says Dr. Jaliman. Advertising Getty Images While some products can help prevent UV damage, others can cause problems (from acne to aging). Here, three smart trades to try for healthy skin. Instead of mixed coffee drinks, drink regular iced coffee. Dairy products can worsen acne; Sugar helps break down collagen, says Dr Wu, author of Feed Your Face. On the other hand, having four or more cups of coffee a day was associated with a 20 percent reduction in the risk of melanoma in a 2015 study at Yale University. Instead of a fried steak, eat salmon. Red meat, cooked at a high rate, is more likely to form advanced glycation products that may play a role in aging. Salmon is rich in omega-3 anti-inflammatory fatty acids. A study published in 2009 shows that serving oily fish every five days can protect against preracial changes. Instead of a lot of citrus, there is watermelon. Citrus fruits contain substances called psoralens that make your skin more sensitive to ultraviolet rays, and have been associated with an increased risk of melanoma. Like citrus, watermelon is chock full of skin rejuvenating vitamin C, but they don't have any psoralens. Getty Images What you need to know about the embarrassing sweat problem. First of all, why are we sweating? It's your body's way of regulating temperature, says Dr. Jaliman. There are two types of sweat Eccrine, which are found throughout the body, and apocrine, which are located in areas with a large number of hair follicles like the armpits and groin. Your eccried glands produce mostly odorless water and salt; Your apocrine glands, however, churn down the milky liquid that is combined with skin skin bacteria Bo. How to prevent rashes and breakouts caused by sweat? Start by wearing weaker workout gear, as the rash can be the result of rubbing off wet clothes, says Dr Wu. And shower as soon as you can after each workout (or wipe your face, chest and back with salicylic or glycolic acid pads). If the problem persists, try applying an antiperspirant on the inner thighs and under the chest to prevent rashes and cracking. My palms drip when I'm nervous. What can I do? About 3 percent of people in the United States have hyperhidrosis, which means they sweat too much, often from one or two areas of the body (usually the armpits, palms, legs or head), according to Malcolm Brock, MD, director of the Johns Hopkins Center for Sweating Disorders. If you are diagnosed with the condition, there are a number of treatment options, including prescription deodorants and Botox. Botox. how to make a csgo skin 2020. how to make a csgo skin changer. how to make a csgo skin website. how to make a csgo skin in photoshop