



November is National Healthy Skin Month!

http://aadermatology.com/2013/11/20/november-national-healthy-skin-month/#.VEphd_nF-VM

Prevent, Detect, and Treat Skin Cancer Cast Your Vote for Anne Arundel Dermatology

November is National Healthy Skin Month and Anne Arundel Dermatology is celebrating by reminding you to take a second during this busy holiday season to look at your skin! Here are a few tips on how to keep your skin healthy this month:

1. Get a Spot Check: Did you know that the late fall and winter months are some of the best times to get a full body screening? Your skin is at its palest during these months, which makes it much easier for your dermatologist to check for irregular spots.

2. Wear Sunscreen: We know it's not beach weather anymore and even though it doesn't feel like the sun is damaging your skin, it could be. Make sure to apply sunscreen to the parts of your skin that will be exposed to the sun, especially your face. Not only will this protect you from harmful UV rays but it will also keep your skin moisturized!

3. Stay Away From Tanning Beds: It may be tempting to hop into a warm tanning bed when it is cold out, but avoid it at all costs. Studies have found a 75 percent increase in the risk of melanoma in those who have used indoor tanning beds, and the risk increases with each use.

Anne Arundel Dermatology offers a myriad of services to help keep your skin healthy. With general, pediatric and cosmetic dermatology services, we are Maryland's premiere dermatology practice. We proudly offer highly skilled and trained physicians who take great pride in ensuring they deliver the highest quality of dermatological care in the region. Whether you notice a mole that looks different than it did six months ago, suffer from cystic acne or experience rosacea or psoriasis, take the time this month to make an appointment and have one of our dermatologists review your skin with you.

With locations throughout Anne Arundel County, Southern Maryland, the Eastern Shore, and now Hagerstown, we are here to guarantee you excellent skin care not just during the month of November, but during every month of the year.

So, before you take a seat at the Thanksgiving dinner table, take a moment to look at your skin and make an appointment to come in and see us. Healthy skin is our pledge to you.

