

EMPLOYEE HEALTH SOLUTIONS

# SKIN DISORDERS AWARENESS

EDUCATE. MOTIVATE. REWARD

JULY 2022

# Most Common Skin Disorders

## Skin Disorders

There are approximately **3,000** skin disorders known to dermatology. Skin disorders can appear through changes in colour and/or texture of the skin. This is commonly a result from allergic reactions, inflammation or infections.

### Eczema

Eczema is a broad term for a group of conditions. This gene variation impacts the skin's protection against environmental factors, allergens and irritants. The result of this can cause chronic periodic inflamed and itchy rashes on the skin. Eczema often begins in childhood, but can occur in adolescence and into adulthood.

### Signs or Symptoms

- Dry skin
- Inflamed/itchy rashes
- Red to brownish gray patches
- Small raised bumps
- Thickened cracked skin

Healthy habits such as **exercise, diet & sleep** may help reduce the risk of developing skin disorders and limit symptoms.

### Rosacea

Rosacea is a treatable chronic skin condition that causes flushing, blushing and visible blood vessels in the face.. Rosacea commonly affects the central face and often occurs after the age of 30.



### Signs or Symptoms

- Facial blushing & flushing
- Visible veins
- Burning sensations
- Dry, irritated & swollen eyes/eyelids
- Enlarged nose - Swollen bulb shaped

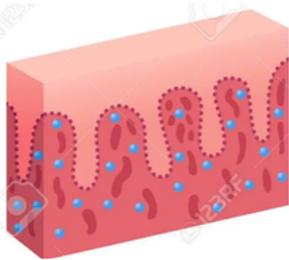


Vascular

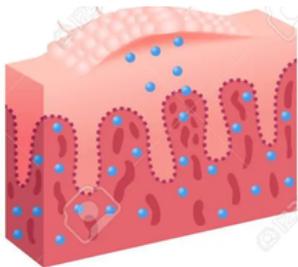
Inflammatory

Ocular

# Most Common Skin Disorders



Normal Skin



Psoriasis Skin



## Signs or Symptoms

- Red patches on skin
- Dry, itchy, cracked skin that may bleed
- Burning/soreness on the skin
- swollen and stiff joints

## Psoriasis

Psoriasis is a chronic autoimmune disease that causes skin cells to regenerate faster than normal. This can cause red scaly itchy patches on the skin. Psoriasis tends to go through cycles flaring for weeks to months.

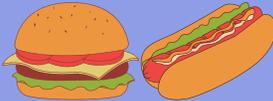
## Acne

Acne is a common condition that highly occurs in teenagers but can affect all ages. Acne occurs when pores are plugged with oil, dead skin cells, hair and bacteria. This condition often appears on the face, forehead, chest, upper back and shoulders.

## Signs or Symptoms

- White heads, blackheads
- Small red tender bumps
- Pimples
- Puss filled lumps

## Common Lifestyle Triggers

- Elevated Stress levels
- Smoking 
- Excessive alcohol consumption
- Consuming food high in preservatives 
- Excessive Sunlight without sunscreen



- Poor immune system
  - Strenuous Exercise
- (Rosacea)**
- Increased Perspiration
- (May cause flare with Eczema/Psoriasis due to the presence of salt).**

# Reduce Risk Through Exercise

## Improving Skin Health Through Exercise

- Increasing your heart rate and improving blood circulation can help to deliver oxygen and nutrients to the skin which keeps the skin healthy.
- Increased blood flow and sweat removes toxins from the skin, promotes collagen production and promotes new skin cells which keeps the skin looking glowing and is also helpful for anti-aging.

### Recommendations

A great way to increase your heart rate through exercise is engaging in aerobic activities.

**Benefits can be shown at all intensities!** Some examples include:

#### Moderate Activities

- Walking
- Dancing
- Light Biking
- Water Aerobics
- Hiking

#### Vigorous Activities

- Jogging/Running
- Swimming
- Skipping
- Most Sports

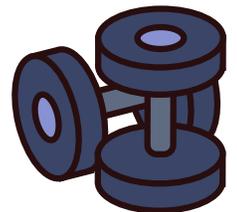


### Helpful Tips

Exercise is great for improving skin health but there are some precautions to take before engaging in activity. Skin disorders like **Rosacea** may flare up due to the increased body temperature. Here are a few recommendations to help limit symptoms:

- **Exercise in cool environments.**
- **Avoid exercising outdoors during peak sun times. (10am to 4pm)**
- **Water Aerobics/Swimming**
- **Cool compressions Immediately after workout.**

**The best exercise is exercise that you enjoy!**



## Decreasing Stress Through Mindful Activities

Common flareups for many skin disorders are caused through elevated stress levels. Mindful activities can be used to help reduce emotional stressors.

### Mindful Activities:

- Yoga
- Relaxation & Breathing Exercises
- Meditation

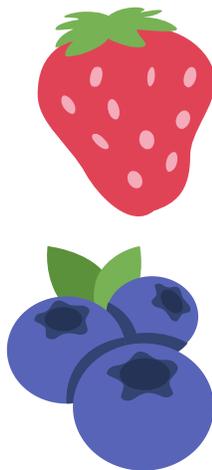
# Reduce Risk Through Nutrition

## Increasing Skin Health Through Nutrition

A well balanced diet and healthy eating habits are a very strong contributor to skin health. A diet that is rich in vitamins, nutrients and antioxidants, help protect our skin cells from harmful agents such as radiation and free radicals that may cause skin damage.

### Foods High In Antioxidants

- Apples
- Berries
- Beets
- Beans
- Dark Leafy Greens
- Pecans
- Plums



### High Fiber

Diets high in fiber are great for skin health. Fiber rich foods are able to pass through the body seamlessly while collecting waste and toxins along with it. This results in clearer skin and reduced swelling!

### "Good" Fat

Among with many other benefits, diets rich in Omega-3, help provide insulation and help moderate temperature. Omega-3 fatty acids play a large role in keeping the skin healthy.



### Food High in Fiber

- Avocado
- Carrots
- Lentils
- Kidney Beans
- Chickpeas
- Oats
- Quinoa

### Food High in Omega-3

- Salmon
- Sardines
- Soy Beans
- Flax Seeds
- Chia Seeds
- Walnuts

**The key to maintaining healthy habits is finding options that you enjoy. Thankfully, there are plenty of delicious options to choose from!**

# Resources

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