



Dry Skin



Overview

If you have dry skin, you know how uncomfortable it can be. Dry skin can be itchy, flaky and sensitive. For most people, it's a minor nuisance that's easy to treat. But in some cases it can be a chronic problem that lasts a long time.

Environmental Causes

Dry skin is often caused by your environment. Cold or dry weather, hot showers or baths and harsh soaps can all cause skin to dry out. And as you get older, your skin naturally becomes thinner and drier. So, these environmental factors can have greater affect.

Other Causes

If you have chronic dry skin, it may be caused by another problem. Diseases such as psoriasis and eczema can cause dry skin. It can be caused by problems with your hormones. Dry skin can also be caused by certain drugs.

Symptoms

Dry skin usually feels rough and scaly. It may be irritated and painful. It may itch. Your skin may crack easily, and these cracks may bleed.

Treatment

Treatment options depend on the cause of your dry skin. You may benefit from avoiding environmental triggers. Switching to a milder soap, using a humidifier and using a moisturizing lotion may help. If you have chronic dry skin, you may need a prescription ointment or some other option. Your healthcare provider can create a plan that is right for you.