

20 Things Your Dermatologist Wants You to Know

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“Keeping your skin healthy is just like keeping the rest of you healthy,” Adam Mamelak, MD, FRCPC, FACMS from [Sanova Dermatology](#), says. That means eating well balanced meals, drinking plenty of water, getting regular exercise, and protecting your skin from harmful exposures like the sun.

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“Many skincare products now include sunscreens and UV protection,” Dr. Mamelak says. “When dermatologists are polled, there is unanimous agreement that sunscreen is one of the best antiaging agents in maintaining healthy skin.”

Antioxidants have also found their way into skincare products, he adds. They “quench ongoing damage by free radicals generated from sun exposure, pollution and other metabolic stresses on the skin,” Dr. Mamelak says.



Over-the-counter products are generally safe, Todd Schlesinger, MD, FAAD, Board Certified Dermatologist and Medical Director of the [Dermatology & Laser Center of Charleston](#), says. “There isn’t anything really bad in them. And most people don’t have bad reactions to the ingredients.”

Any of the active agents in skincare products are regulated by the FDA. “However, many consumers worry about specific chemicals,” according to Dr. Mamelak. “If a chemical is identified to be harmful, these products are removed from shelves.”

Still, consumers should be wary of creams and products imported from overseas that might not have the same stringent health valuations, he adds.

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