



Nestlé Skin Health



QUIZ KEY

WHAT DO YOU KNOW ABOUT KEEPING YOUR SKIN HEALTHY?

Active Aging Week

1. **False.** You want a sunscreen that protects you from both UVA and UVB rays, in addition to environmental pollution.
2. **True.** When you're actively enjoying a beautiful day, cover up exposed skin to avoid sun burn and other damaging conditions.
3. **False.** Over-showering can strip the skin of natural fluids and worsen dry skin problems.
4. **True.** Look for ingredients like glycerin, dimethicone, or petrolatum when choosing a moisturizer.
5. **False.** While you might want to indulge in the occasional bubble bath or steamy shower, overuse of harsh soaps, bubble bath products and hot water can strip your skin of natural fluids, worsening dry skin and itch.
6. **True.** Eat plenty of fruits and vegetables that contain vitamins A, C, D, E, beta carotene and zinc. This includes carrots, citrus fruits, celery, mushrooms, and leafy greens. Don't forget that omega-3 and omega-6 fatty acids are also healthy and can be found in nuts, fish, and seeds.
7. **True.** Talk to your doctor about the amount of fluids appropriate for your diet.
8. **False.** A comprehensive effort to establish and maintain good skin health includes daily skin observation by you, a loved one or caregiver to help identify breaks in the skin, early signs of infection, newly developed lesions, or moles that have grown or changed. You should consult a medical professional regularly and as needed.