



Nestlé Skin Health



## QUIZ – DRY SKIN

*Active Aging Week*

1. **True or False: When skin becomes dry and cracked, bacteria and germs can enter the body more easily.**
2. **What is xerosis?**
  - a. Intense dryness of the skin that can cause a variety of more severe skin issues
  - b. Irregular skin marks that may be precancerous
  - c. Thinning hair
  - d. Deep-set wrinkles that come with age
3. **One in \_\_\_ people over the age of 65 have xerosis.**
  - a. 2
  - b. 3
  - c. 4
  - d. 5
4. **Which of the following can dehydrate your skin?**
  - a. Bathing and handwashing with hot water
  - b. Wearing too much sunscreen
  - c. Drinking lots of water
  - d. Using gentle cleansers
5. **True or False: Diabetes – particularly elevated glucose levels – has no effect on dry skin.**
  - a. True
  - b. False

- 6. Which of the following skin conditions could lead to xerosis?**
- a. Eczema
  - b. Psoriasis
  - c. NCDs
  - d. All of the above
- 7. True or False: Using a humidifier during the winter can benefit dry skin.**
- 8. What should one do after bathing to prevent dry skin?**
- a. Nothing – just dry off.
  - b. Apply direct heat.
  - c. Moisturize with creams, lotions, and/or oils.
  - d. Apply self-tanning cream.
- 9. True or False: As we age, our skin loses its capacity to retain water and becomes drier, thinner and less elastic.**
- 10. [Free Response] Who should you speak to before starting a medication to understand whether side effects might affect your skin?**

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