



QUIZ KEY – DRY SKIN

Active Aging Week

- 1. True or False: When skin becomes dry and cracked, bacteria and germs can enter the body more easily.**

Answer: True

- 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

Answer: A

- 3. One in ___ people over the age of 65 have xerosis.**

- a. 2
- b. 3
- c. 4
- d. 5

Answer: A

- 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

Answer: A

- 5. True or False: Diabetes – particularly elevated glucose levels – has no effect on dry skin.**

- a. True
- b. False

Answer: False. Elevated glucose levels intensify dry skin and increase the risk of infections, even in small wounds.



6. Which of the following conditions could lead to xerosis?

- a. Eczema
- b. Psoriasis
- c. NCDs
- d. All of the above

Answer: D

7. True or False: Using a humidifier during the winter can benefit dry skin.

Answer: True.

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.

Answer: C

9. True or False: As we age, our skin loses its capacity to retain water and becomes drier, thinner and less elastic.

Answer: True.

10. [Free Response] Who should you speak to before starting a medication to understand whether side effects might affect your skin?

Accepted answers: my doctor, my dermatologist

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