

Skin Health



The skin is the largest organ in the body. One of its functions is to protect the body from temperature, bacteria and chemical substances. In addition, it is responsible for regulating body temperature. Good care and leading a healthy lifestyle can prevent different skin health problems. Below are different recommendations for skin care.

1. Daily cleansing: It is essential to use specific products to clean your face in the morning and night. As for the body, hot water, long showers, and harsh soaps remove the skin's natural oils. To protect it, dry gently with a towel, patting it so that some moisture remains on the skin.

2. Shave carefully: Before shaving, apply cream or gel to protect and lubricate the skin. Also, use a clean, sharp razor. Likewise, shave in the direction that hair grows.



3. Protect yourself from the sun: One of the main ways to take care of your skin is to protect it from the sun. Constant exposure to the sun can cause wrinkles, spots and the risk of skin cancer. For complete protection, it is recommended: apply sunscreen with at least 30 SPF, waterproof and reapply it every 2 hours. Also, avoid exposing yourself to the sun between 10:00 am and 4:00 pm, during which time the ultraviolet rays are strongest. In addition, seek shade, wear glasses and cover yourself with clothing, caps or hats that protect you from ultraviolet rays.

4. Avoid smoking: This habit causes the blood vessels found in the superficial layers of the skin to constrict. Therefore, it reduces the amount of oxygen, blood flow and nutrients that reach the skin. It also makes the skin look pale and aged and contributes to the formation of wrinkles.



5. Avoid alcohol consumption: Alcoholic beverages dehydrate the skin, causing wrinkles and increasing the risk of skin diseases, for example, cancer, rosacea, acne, among others.

6. Drink plenty of water: Water keeps the skin hydrated and helps eliminate toxins. In addition, it contains nutrients, vitamins and minerals that are excellent for the skin, such as calcium, magnesium and sodium.



7. Eat a healthy diet: A healthy diet can help you look and feel better. Eating fruits, vegetables, whole grains, proteins and low-fat products can help your skin be healthier and look younger.

8. Manage stress: It is important to manage stress as the skin



can become more sensitive and acne breakouts or other skin problems may appear. Some recommendations for managing stress are: getting enough sleep, setting reasonable limits, having a balance in the amount of pending tasks, and finding time to do activities you enjoy, among others.

9. Moisturize dry skin: Use a moisturizer that suits your skin type. Likewise, for daily use, it is recommended to apply a moisturizer that includes the sunscreen element.



Social and Emotional Aspect

For recommendations, tools and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following telephone lines:

Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

<https://medlineplus.gov/spanish/skinconditions.html>

https://medlineplus.gov/spanish/ency/esp_imagepages/8912.htm#:~:text=La%20piel%20es%20el%20%C3%B3rgano,bacterias%20sustancias%20que%20causan%20y%20temperatura.

<https://kidshealth.org/es/teens/tips-better-skin.html>

Prepared by licensed Health Educators.

Reviewed in February 2025.

©First Medical Health Plan, Inc.