

## Care For Your Skin as the Seasons Change

From *Everydayhealth.com*

It can be particularly difficult to maintain soft, pliant skin as the weather gets colder. Take these steps to keep your skin in good shape during the winter:

- **Take brief, lukewarm showers or baths.** Pat dry and then immediately apply moisturizer.
- **Try using a humidifier to relieve the dryness in the air.** Be sure to clean it regularly according to the manufacturer's instructions to avoid mold.
- **Protect your skin from the elements.** Shield yourself from extreme cold and wind with layered clothing, hats, gloves, and warm shoes. Don't forget to use petrolatum-based lip balm to avoid chapped lips.
- **Always use sunscreen.** Regardless of the season or the weather, exposure to the sun can lead to not only dry skin, but also early aging and skin cancer.
- **Apply moisturizer several times a day if needed.** Older adults need to pay even more attention to their skin to keep it supple, attractive, and comfortable. As part of the normal aging process, older skin tends to lose some natural oils, making them dryer. Make sure you apply a

## West Central Iowa Healthcare Founda-

Volume 1, Issue 3

## Joint Pain Making Sleep Difficult?

Joint pain may make it difficult for people with arthritis to fall asleep and stay asleep at night. According to rheumatologist Scott J. Zashin, MD, an associate professor at the University of Texas Southwestern Medical School in Dallas, "Sleep problems are common in patients with arthritis pain caused by chronic diseases such as rheumatoid arthritis and osteoarthritis. Patients may have difficulty falling asleep or staying asleep due to pain, anxiety, or both." Here are some eye-opening facts:

- About one-third of people who have pain while trying to sleep suffer from arthritis pain, according to a National Sleep Foundation Gallup Poll.
- According to a National Sleep Foundation "Sleep in America" poll, 72 percent of older



**Sleep problems are common in patients with arthritis pain**

Americans diagnosed with osteoarthritis and other types of arthritis experience problems sleeping.

People with fibromyalgia, a condition that causes joint and muscle stiffness as well as arthritis-like pain, also have difficulty sleeping. For these individuals, nighttime arthritis pain and problems sleeping can be a vicious cycle, each aggravating the other.

**More Tips for Better Sleep**  
The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) offers the following tips to get more

restful shut-eye:

- Develop a regular sleep schedule and try to stick to it every day.
- Stay away from alcohol and caffeine from late afternoon on.
- Don't exercise within three hours of going to bed.
- Don't nap during the day.
- Use your bed only as a place to sleep; don't use it for watching TV or working.
- Make sure your bedroom is cool and dark.
- Don't drink too many liquids or eat spicy food before going to bed.

## Healthy Recipe—Easy Sauteed Fish Fillets

**Prep Time:** 2 mins  
**Cook Time:** 8 mins  
**Total Time:** 10 mins

### Ingredients

- 1/3 cup(s) flour, all-purpose

- 1/2 teaspoon salt
- pepper, black ground, to taste
- 1 pounds fish, haddock fillets, or sole or other white fish, cut into 4 portions
- 1 tablespoon extra-virgin olive oil

### Preparation

1. Combine flour, salt and pepper in a shallow dish; thoroughly dredge fillets (discard any leftover flour).
2. Heat oil in a large nonstick skillet over medium-high heat. Add the fish, working in batches if necessary, and cook until lightly browned and just opaque in the center, 3 to 4