

## About dry skin

Dry skin (xerosis or xeroderma) is a very common condition especially during the winter months when the humidity is low. It appears most often on the lower legs, arms, the sides of the abdomen (flanks) and thighs. Dry skin can be exacerbated by bathing or showering too frequently, especially if using harsh soaps. Common causes of dry skin are dehydration, Vitamin A deficiency, and diabetes. Also, as people age the skin tends to become drier. Dry skin may also crack, creating a route of entry for an infection.

Ichthyosis is a rare, chronic skin disorder that causes the formation of dry, fish-like scales on the skin. It can be genetically inherited and can be treated but not cured. Those experiencing ichthyosis have lifelong symptoms, finding relief through daily care and moisturizing of the skin.

Symptoms associated with dry skin are cracks in the skin, scaling (the visible peeling of the outer skin layer) and itching. Some dry skin symptoms may be alleviated with over the counter topical ointments or products. Those experiencing chronic or severe dry skin problems should seek their doctor's or dermatologist's advice.

See also [acne](#), [eczema](#), psoriasis, dermatitis.

We are your Skin Rash resource portal.

[www.skinrashes.net](http://www.skinrashes.net)

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