

**FOR IMMEDIATE RELEASE**

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**Educate Your Audience about Caring for Their Skin, Hair and Nails**

The skin is the largest and most visible organ of the human body. It protects your other organs, warms you up and cools you down, and reflects how healthy you are inside. In recognition of National Healthy Skin Month, the American Academy of Dermatology has prepared news releases and fact sheets to help your readers keep their skin, hair and nails healthy and looking their best.

- How You Feel on the Inside Could Be Affecting How You Look on the Outside: Dermatologists Can Help Minimize the Effects of Stress and Emotions on Skin, Hair and Nails
- Is There Really Such a Thing as Hope in a Jar?: Dermatologists Help Consumers Sort Through the Cosmeceutical Conundrum
- Dermatologists Debunk Myths, Offer Advice for Conditions that Hit Below the Belt (leg veins, cellulite, pedicure safety)
- Stop Skin Cancer on the Spot: New Tools Aid in Diagnosing and Detecting Skin Cancer in its Earliest Stages
- Enhanced Cosmetic Procedures Plus New At-Home Treatments Give Patients More Options: Consumers Should Consult Dermatologists to Discuss Benefits and Potential Risks

Please share this information with your audience throughout the year to educate them about the importance of good skin care habits for a lifetime of healthier skin. For more information, visit the Academy's Web site at [www.aad.org](http://www.aad.org).

**November is National Healthy Skin Month**