

How to Repair Summer's Brittle Nails



Dr. Chris G. Adigun



Moisturizing helps brittle nails

By Chris G. Adigun, MD, FAAD
Board Certified Dermatologist and Nail Specialist
Dermatology & Laser Center of Chapel Hill

Believe it or not, nails can become dry and brittle in the summer, not just the winter. This is especially the case among people who are into water sports, such as beach goers and pool swimmers. Certain occupations are also at risk for dry nails—such as bartenders, chefs, waitresses and even social entertainers. After all, there are more al fresco dinner parties in the summer time, and these occupations may be busier in the summer months.

All of these people have one thing in common: their nails are in and out of water throughout the day. This constant wet-to-dry-to-wet dries out the nail, cuticle and fingertip and causes nail brittleness. To add insult to injury, chemicals such

as chlorine and other pool chemicals are especially drying and irritating to skin, hair, and nails. Salt water is not quite as bad, but is still drying—if appropriate rinsing and moisturization is not performed shortly after getting out of the water.

The best action plan for rehabbing brittle nails in time for fall is a rigorous rehydration regimen for the cuticle, nail, and surrounding skin. And remember: maintaining healthy cuticles is necessary in order to maintain healthy nails.

Products that I recommend for rehydrating the skin and cuticles include heavy emollients that contain white petrolatum, glycerin, or beeswax.

However, these are very greasy and most people don't like them for daily use. Therefore, I also recommend nutritive products that have healing, hydrating properties, but have a less greasy feel—these include products containing dimethicone and ceramides. (Look on the back of the bottle for these ingredients.)

Here are a few tips on how to get your nails back in shape: moisturize all nails and cuticles with a nutrient-rich cream, oil, or emollient every morning and evening—and ideally after each hand wash. If your nails are in very bad shape, you may need a prescription. Sometimes cases of brittle nails are more severe. For these cases, I recommend a consultation with a dermatologist that has experience in the treatment of nails.

Neighbor to Neighbor

Dr. Chris G. Adigun and her team offer a comprehensive dermatology practice that delivers the highest quality care through careful patient evaluation and personalized treatment.



The Dermatology & Laser Center of Chapel Hill is located in The Veranda at Briar Chapel: 58 Chapelton Court, Suite 120, Chapel Hill. Contact via phone, 919.942.2922, or online at: DermatologyAndLaserCenterOf-ChapelHill.com

If Beauty and Relaxation is your Dream, Mateer General Construction, LLC, can transform it into a reality for you!



Transform tired decks into lovely screened porches

Hot attics into cool TV rooms

Basements into year round fun spaces

Upgrade bathrooms

All work 100% guaranteed by a licensed NC contractor based in Chapel Hill since 2007

Call for a free quote. We will be glad to stop by and offer our ideas on how to transform your space today

919-260-7688 • jrmateer1@yahoo.com

THAI PALACE RESTAURANT

Authentic Thai Cuisine • Eat-In or Carry Out

Now Serving Lunch and Dinner Seven Days/Week
Dinner: Sun - Thurs 5-9:30 Fri - Sat 5 - 10:00 • Lunch: 11 - 2:30

Glenwood Square Shopping Center • 1206 Raleigh Rd • Chapel Hill
919-967-5805 • www.thaipalacenc.com

Solutions for Women

Stearns Financial Group has been helping women navigate life transitions for over 25 years.

Why Choose Stearns Financial?



Haleh Moddasser, CPA
Senior Vice President

- SFG is a fee-only wealth management firm – we sell no products and receive no commissions.
- We provide multi-scenario financial planning, investment management and risk management.
- We offer award-winning services, customized to meet the needs of women.

sfg
STEARNS
FINANCIAL GROUP

1450 Raleigh Road, Suite 105
Chapel Hill, NC 27517

FT Top
Financial
Advisers
2014

FT 300 Ranking June 2014

800.881.7374
www.StearnsFinancial.com