B	I	N	G	O
Wear breathable fabrics	ABCDE	A = Aysmmetry in growth	Check feet and legs	Skin Fact - Nerves detect heat cold pain touch
Maintain good hygiene	Avoid smoking	Wash skin gently	Pressure ulcers/Pressure injury	Aging - Dry skin
Skin Fact - Helps the body's temperature control	Talk to care provider about skin concern	**FREE**	Wear gloves during housework	Aging - Sweat and oil glands not as effective
Pat dry with towel	Eat a balanced diet	Apply lotion/moisturizer	Kidney disease can impact skin dryness	Skin fact - First line of defense for our immune system
Lack of blood flow can cause a pressure injury in <two hours	Skin Fact - Check your skin often	Limit use of harsh soaps and perfume	Skin fact - Largest human organ	Diabetes can impact skin dryness

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B	I	N	G	O
Talk to care provider about skin concern	Eat a balanced diet	D = Diameter of growth greater than the size of a pencil erase	Medicine - Can make skin itchy	Kidney disease can impact skin dryness
Check for skin cancer	Aging - Thinner skin	Aging - bruises can take longer to heal	Mild Fragrance-free soaps and skin care products	Manage stress
Limit use of harsh soaps and perfume	Aging - Immunity declines	**FREE**	Skin Fact - Plays role in Vitamin D production	Aging - Sweat and oil glands not as effective
Hydrate Skin	Wash skin gently	Aging - Dry skin	Wear gloves during housework	Use a humidifier
Pat dry with towel	Skin Fact - Nerves detect heat cold pain touch	Avoid smoking	Check feet and legs	Seek shade from sun 10 am to 4 pm

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B	I	N	G	O
Wear long-sleeved shirts	Skin Fact - Plays role in Vitamin D production	Skin Fact - Helps the body's temperature control	Pressure ulcers/Pressure injury	Skin fact - First line of defense for our immune system
Aging - Thinner skin	Annual skin checks	Seek shade from sun 10 am to 4 pm	Manage stress	Avoid smoking
Skin Fact - Check your skin often	Medicine - Can make skin itchy	**FREE**	ABCDE	Eat a balanced diet
A = Aysmmetry in growth	Maintain good hygiene	Mild Fragrance-free soaps and skin care products	Wear breathable fabrics	Wear wide brim hat
Wear sunscreen	Avoid sunlamps and tanning beds	Aging - Immunity declines	C = Color of growth changes or more than one color	Aging - Dry skin

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