

# Learn more about Skin health

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## Websites

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[aocd.org](http://aocd.org) Quality information from the *American Osteopathic College of Dermatology*. Under the Home tab, click on Disease Database for an A-Z listing of skin diseases with clear pictures, clear descriptions and information on management. The Skin Facts link offers a diagram of the layers of skin and explains how it works.

[cancer.gov](http://cancer.gov) *National Cancer Institute* offers many details on skin cancer. On the main page, under All Cancer Types, select Cancer by Body/Location/System, then choose Skin to find information on types of skin cancers, including definitions, treatment, clinical trials and research.

[medlineplus.gov](http://medlineplus.gov) *MedlinePlus* from the National Library of Medicine provides links to reliable information. Type "skin conditions" into the search box to find links to quality information on types of skin cancers, including definitions, treatment, clinical trials and research.

[psoriasis.org](http://psoriasis.org) The *National Psoriasis Foundation's* mission is to improve the quality of life for people who live with psoriasis and psoriatic arthritis. Select the Psoriasis tab near the top of the page to see information on treatment and coping.

[skincarephysicians.com](http://skincarephysicians.com) by the *American Academy of Dermatology*, provides patients with information about the treatment and management of skin, hair and nails. Choose from the topics of acne, actinic keratoses, aging skin, eczema, psoriasis, rosacea and skin cancer to view excellent explanations and advice.

[skincheck.org](http://skincheck.org) *Melanoma Education Foundation* promotes greater awareness of melanoma and early self-detection. Click on Finding Melanoma Early for a list of warning signs, photos of melanoma and an explanation of how moles can change into melanomas.

## Local resources

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[aurora.org/services/dermatology](http://aurora.org/services/dermatology) *Aurora Health Care's* Dermatology page provides links to information on Aurora's skin cancer services, detecting skin cancer and Aurora's specific skin cancer treatment options; or call 888-649-6892.

## Books

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*Can You Get Hooked on Lip Balm? Top Cosmeting Scientists Answer Your Questions about the Lotions, Potions, and Other Beauty Products You Use Every Day* by Perry Romanowski, Harlequin, ©2011, ISBN 9780373892341, \$13.79. This book is a quick, easy and informative read. It is written by a group of chemists who develop and test beauty products. It analyzes and compares the ingredients in some popular beauty and hygiene products.

*Love Your Skin, Love Yourself: Achieving Beauty, Health and Vitality from the Inside Out and Outside In* by Rachael Pontillo; edited by Daniella Thoren, Sennin Group, 2013, ISBN 9780615851723, \$13.00. This book is a guide to healthier and more beautiful skin. Discusses skin issues including: acne, rosacea, eczema and psoriasis.

*The Comprehensive Guide to Skin Care: From Acne to Wrinkles, What to Do (And Not Do) to Stay Healthy and Look Your Best* by Rebecca Campen, MD, Praeger Publishers, 2010, ISBN 9780313378867, \$44.50. This is the first science-based layperson's resource that explains a full range of dermatological conditions, remedies and treatments.

*100 Questions and Answers About Aging Skin* by Robert A. Norman, MD, Jones and Bartlett, 2010, ISBN 9780763762452, \$20.95. This book gives authoritative and practical answers to your biggest questions about new dermatologic industry discoveries and the best products to reverse the look of aging skin.

*Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.*