

## Q&amp;A



## DR. FIONA WRIGHT

Join the forum today by emailing our Dr. Wright at [drwright@onmagazine.net](mailto:drwright@onmagazine.net) and express your personal fitness or beauty question. She may answer your question or she may ask a colleague for their expert opinion. Then, read ON Magazine's next issue to discover the *wright* answer to your fitness or beauty question.

## If you have questions, we have the *wright* answers. What do you want to know?

**In the summer I have a lot of problems with oily skin. What can I do?**

**Jill Q. Dallas, TX**

**O**ily skin, as the name implies, occurs when our oil-producing glands are overactive. More people break out during the hot summer months due to increased perspiration, which can disperse oils onto the skin, thus allowing more pimple-causing bacteria to grow. As surface grease tends to attract dirt, an oily skin acquires a dirty surface film that needs to be removed at least twice a day.

The ideal cleansing routine is one that includes a three step process: Step 1) With lukewarm water, remove surface oil and dirt with a medicated soap or face wash (Aveeno, Neutrogena, La Roche Posay). Step 2) Clean out your pores. After the skin surface is clean, remove the skin of dead cells and dislodge hardened oils from the pores by using a gentle but abrasive exfoliator (Clean & Clear, Aveeno, NewPort). Step 3) Toning helps keep your face clear and firm. Cold water is an excellent skin toner for the summer. Stronger astringents and toners with glycolic or alpha hydroxyl acids work best if you have acne problems.

Some women think there is no need to use moisturizers during the summer since the skin sweats and already looks shiny. This is a big mistake. Oil and sweat are two different things. On hot summer days, sweat evaporates from the skin surface making it even dryer and more vulnerable to the wind and sun. Try to choose a light cream or water-based hydrator that makes your skin feel comfortable. A heavier moisturizer will make your skin feel hot and look too shiny.

Adjust your makeup regimen to the summer climate. Select powders rather than creams. Mineral-based products provide the best results and also provide

SPF coverage. Mineral makeup is free of harsh ingredients, does not contain skin-smothering oils that clog, and acts as a natural anti-inflammatory to soothe and balance your skin.

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**My allergies always get worse in the summer. What should I avoid, and what can I do to help my suffering?**

**Mike Z., Rowlett, TX**

**S**ummer is a common time during the year that people suffer with allergies. The most common trigger for allergies during this time of the year is grass allergens. Symptoms can be as simple as an itchy, stuffy or runny nose. Other common symptoms can include sneezing as well as itchy and/or red eyes. Left unchecked, symptoms can reduce one's quality of life and interfere with planned activities. Simple pleasures like taking a walk in the park or playing golf can turn into a "sneeze fest" if exposed long enough or to a high enough grass-pollen level.

For some people, the use of non-sedating antihistamines like OTC Claritin or Alavert can help prevent allergy symptoms if taken before the exposure to grass. They also work quickly to help reduce symptoms if taken after the symptoms have begun. If stuffiness, sinus pressure or a blocked nose is a concern, then the addition of an oral decongestant like OTC Sudafed may help. If these OTC medications don't suffice, a visit to your doctor or local allergist may help.

