



Understanding Skin Dryness and Its Impact in Modern Urban Environments

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DESCRIPTION

Xerosis, commonly referred to as skin dryness, is a widespread condition affecting individuals of all ages in developed countries. In urban centers such as Toronto, environmental conditions, lifestyle habits and indoor living patterns contribute significantly to the frequency of this condition. Although often considered a minor concern, persistent dryness can lead to discomfort, visible skin changes and an increased risk of other dermatological issues. Skin dryness occurs when the outer layer of the skin loses moisture and natural oils that are essential for maintaining flexibility and protection. This results in a rough texture, flaking and sometimes cracking. In more severe cases, individuals may experience itching, redness and even small fissures that can become painful. The condition may affect localized areas such as the hands, legs and face or it may involve larger portions of the body. One of the primary contributors to skin dryness in developed urban environments is climate. Cold weather, particularly during winter months, reduces humidity levels in the air, which in turn decreases the moisture content of the skin. Indoor heating systems further intensify this effect by creating dry air within homes and workplaces. As a result, individuals often notice worsening symptoms during colder seasons.

Frequent bathing and hygiene practices, while important for overall health, can also contribute to skin dryness when not managed appropriately. Hot water and harsh soaps can strip the skin of its natural oils, weakening the protective barrier. In urban settings where daily showers are common, the cumulative effect of these practices may lead to persistent dryness. The use of products containing fragrances or strong cleansing agents can further irritate sensitive skin. Lifestyle factors play an important role in maintaining skin hydration. Diet and fluid intake influence the body's ability to support healthy skin. In developed countries, access to a variety of foods is generally not limited, yet dietary habits may still include processed foods that lack essential nutrients. Adequate intake of vitamins and healthy fats supports skin function and helps maintain moisture balance. Hydration through sufficient water consumption is

equally important. Occupational exposure is another factor that can influence the development of dry skin. Individuals working in environments that require frequent hand washing, such as healthcare or food services, may experience increased dryness. Similarly, exposure to chemicals or cleaning agents can damage the skin barrier, leading to irritation and moisture loss. Protective measures such as wearing gloves and using gentle cleansers can help reduce these effects.

Age is also a significant consideration in skin dryness. As individuals grow older, the skin naturally produces fewer oils, making it more prone to dryness. This is particularly evident in older adults, who may experience more persistent and widespread symptoms. In developed healthcare systems, awareness of age-related skin changes allows for targeted care and management strategies. The management of skin dryness involves a combination of preventive and therapeutic approaches. Moisturization is one of the most effective methods for restoring and maintaining skin hydration. Emollients and creams help to lock in moisture and repair the skin barrier. In developed countries, a wide range of skincare products is available, allowing individuals to select options that suit their specific needs. Healthcare providers often recommend fragrance-free and hypoallergenic products to minimize irritation. Adjustments in daily habits can also make a significant difference. Using lukewarm water instead of hot water during bathing, limiting the duration of showers and applying moisturizers immediately after bathing can help retain moisture. Wearing soft, breathable fabrics reduces friction and irritation, while the use of humidifiers in indoor environments can improve air moisture levels and support skin health.

CONCLUSION

In developed urban environments such as Toronto, skin dryness is a common yet manageable condition influenced by a combination of environmental, lifestyle and individual factors. By adopting appropriate skincare practices, maintaining healthy habits and seeking timely medical advice when needed, individuals can effectively manage dryness and maintain healthy

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skin. The availability of advanced healthcare services and a wide range of treatment options supports better outcomes,

emphasizing the importance of awareness and consistent care in preserving skin health.