

Houston Dermatologist Encourages Families to Add Skin Health to Their Back-to-School Checklist

Houston Dermatologist Encourages Families to Add Skin Health to Their Back-to-School Checklist

HOUSTON, TX, UNITED STATES, August 14, 2026 /EINPresswire.com/ -- As families across Southeast Texas prepare for another school year, they are checking off school supplies, sports physicals, immunizations, and new clothes. According to [Dr. Andrew Quinn](#), board-certified dermatologist and founder of Quinn Dermatology, there's one important health check that often gets overlooked: [children skin health](#).



“

Healthy skin can make a real difference in how students feel, focus and participate. Addressing concerns early helps them start the school year with confidence.”

Dr. Andrew Quinn, board-certified dermatologist

With students returning to classrooms, football fields, volleyball courts, cross-country trails, and marching band practices during some of Texas' hottest and most humid weeks of the year, August is an ideal time to evaluate common skin concerns before they become larger problems.

"Back-to-school preparation is about helping students start the year healthy and confident," said Dr. Quinn. "Healthy skin is part of that equation. Whether it's acne, eczema, warts, suspicious moles, or sports-related skin irritation,

addressing concerns early can help students stay comfortable and focused throughout the school year."

Texas' combination of high heat, humidity, and frequent afternoon rain showers creates ideal conditions for sweat-related skin irritation, fungal infections, and acne flare-ups. Student athletes, in particular, are at increased risk due to prolonged outdoor practices, heavy athletic

equipment, and increased perspiration.

Dr. Quinn encourages parents to perform a simple skin check before school begins and watch for:

- Acne that continues despite over-the-counter treatment
- Persistent rashes or eczema flare-ups
- Warts or ringworm
- Changing moles or unusual skin lesions
- Recurring heat rash or sports-related irritation

The graphic features the Quinn Dermatology logo at the top left. To the right is a photograph of four smiling students (three girls and one boy) in athletic wear. Below the photo is a circular callout with a checklist icon and the text 'CHECK TODAY. PROTECT TOMORROW. A quick skin check can help prevent problems and keep students focused all year long.' Below the photo is a row of five icons with corresponding text: 'MANAGE ACNE' (face icon), 'CHECK FOR RASHES' (hand icon), 'WATCH MOLES' (mole icon), 'PRACTICE GOOD HYGIENE' (shower icon), and 'PROTECT EVERY DAY' (sunscreen icon). At the bottom right is a heart icon and the text 'Let's make healthy skin part of your back-to-school routine. QUINNDERMATOLOGY.COM'.

QUINN
DERMATOLOGY

PRESS RELEASE

Houston Dermatologist Encourages Families to Add Skin Health to Their Back-to-School Checklist

Healthy skin today. Confident students tomorrow.

From sports practices to classroom days, Dr. Andrew Quinn shares expert tips to help kids start the school year with healthy skin and confidence.

MANAGE ACNE
Early treatment makes a difference.

CHECK FOR RASHES
Don't ignore persistent rashes or eczema.

WATCH MOLES
Look for changes in size, shape, or color.

PRACTICE GOOD HYGIENE
Shower after practice and don't share gear.

PROTECT EVERY DAY
Use broad-spectrum sunscreen outdoors.

CHECK TODAY. PROTECT TOMORROW.
A quick skin check can help prevent problems and keep students focused all year long.

Let's make healthy skin part of your back-to-school routine.
QUINNDERMATOLOGY.COM

He also recommends that student athletes adopt healthy skin habits by showering after practice, changing out of sweaty uniforms promptly, cleaning athletic equipment regularly, avoiding shared towels, and wearing broad-spectrum sunscreen during outdoor activities.

"Many common skin conditions are easier to treat when identified early," Dr. Quinn added. "A quick evaluation before the school year begins can prevent unnecessary discomfort, missed practices, and interruptions throughout the semester."

Quinn Dermatology serves patients of all ages at its Houston and Beaumont locations, providing comprehensive medical and cosmetic dermatology services, including [acne treatment](#), eczema care, skin cancer screenings, mole evaluations, and pediatric dermatology.

Parents interested in scheduling a back-to-school skin evaluation are encouraged to contact Quinn Dermatology before the busy fall season begins.

About Quinn Dermatology

Quinn Dermatology is a physician-led dermatology practice serving patients at locations in Houston and Beaumont, Texas. Founded and led by board-certified dermatologist Dr. Andrew Quinn, the practice provides comprehensive medical, surgical, and cosmetic dermatology services for patients of all ages, with a focus on personalized care, prevention, and long-term skin health. To learn more, visit quinn dermatology.com.

Andrew Quinn
Quinn Dermatology
+1 832-753-7546

[email us here](#)

Visit us on social media:

This press release can be viewed online at: <https://www.einpresswire.com/article/934218987>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.