

Mayo Clinic Minute

The many benefits of petroleum jelly

VIDEO	AUDIO
	<i>Sound of tub of petroleum jelly being opened</i>
	It's easy to find, inexpensive and effective for treating a lot of winter ailments.
	"Petroleum jelly is great. And it's one of a dermatologist's main medicine tips and tricks."
	Mayo Clinic dermatologist Dr. Dawn Davis says that's because this odorless, nearly colorless jelly is so versatile.
	"It simply sits on top of the skin like a greenhouse roof."
Title: DAWN DAVIS, M.D. DERMATOLOGY Mayo Clinic	"So it's like insulating the skin, so that it doesn't lose heat and so it doesn't lose moisture."
	One recent study called petroleum jelly the best way to reduce the risk of eczema in newborns.
Graphic: Similar to skin proteins Chapped lips Cuticles Hands Feet	Dr. Davis says because petroleum jelly is chemically similar to proteins in our skin, it's also good for treating everything from chapped lips to dry cuticles, hands and feet.
	"A lot of people also ask about using petroleum jelly in the nares or the breathing holes of the nose."
	Dr. Davis says, although you should never use it for infants and small children, in older kids and adults, a thin layer of petroleum jelly can even soothe a tender winter nose.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.