



Woman's Day
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"Save Your Skin"
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Wearing sunscreen daily is a must to lower your risk of developing skin cancer. But the type you choose and how you apply it makes a difference, too.

60 for Broad Protection. The label should say "broad spectrum" or "UVA/UVB protection." (Or just look for the new Skin Cancer Foundation Seal of Recommendation.) The reason: UVB rays cause you to burn and increase your risk of skin cancer, but UVA rays break down skin elasticity, which causes wrinkles and lines, says Albert M. Lefkowitz, MD, associate clinical professor of dermatology at Mount Sinai School of Medicine in New York City. Any sunscreen you buy should also have an SPF of at least 15 — which means that you can theoretically stay out in the sun 15 times as long as you could without any protection before burning. (SPF 30 is even better.) Remember to reapply at least every two hours.

Put Sunscreen Everywhere . . . like the skin on and behind your ears, the tops of your feet and the part in your hair. Many people forget about these sensitive areas, which can result in painful burns and the possibility of cancerous growths, says Vernon Sondak, MD, chair of the cutaneous oncology department at Moffitt Cancer Center in Tampa, Florida. Another effective way to protect easy-to-forget areas? Wear a wide-brimmed hat.

Don't Save Sunscreen for the Beach. "Sun damage is cumulative and every little bit counts, so remember to apply before outdoor activities like gardening and walking the dog," says Kristinn Vazquez, deputy director of the Environmental Protection Division. A good rule: Anytime you're going to be outdoors for longer than 10 minutes (especially during the peak of the day), make sure to cover up.

Sensitive Skin? Skip Gels and Waterproof Formulas. "Gels typically have more alcohol, as well as an ingredient called propylene glycol, which many people are allergic to," says Dr. Lefkowitz. Waterproof is also a potential problem. "Water can't get in, but sweat also can't get out—which can cause breakouts," says Dr. Sondak. Opt for a creamy lotion instead.

Coming soon, to a dermatologist near you. . .

Sometimes the only way to tell if a suspicious spot is dangerous is for your doctor to remove it (with a scalpel or laser) and send it out to be tested. But that can leave a scar, and biopsy results can take up to 10 days to come back. Now doctors can use a tool called VivaScope to look at lesions below the

skin's surface and instantly determine if they're cancerous. In some cases, a biopsy may still be needed, but VivaScope could greatly reduce the amount of invasive biopsies and surgeries, says Orit Markowitz, MD, assistant professor of dermatology at Mount Sinai School of Medicine in New York. Currently, this tool is available at about 25 locations nationwide (major teaching hospitals and private practices), but it's expected to become more widespread in the next few years.

2,000,000+ people are diagnosed with skin cancer in the U.S. each year, according to the EPA's SunWise Program. That's more than breast, colon, lung and prostate cancer cases combined!

