Recommended sunscreens

SPF 30 or higher

Should contain Titanium Dioxide or Zinc Oxide (these are physical blockers which reflect the UV and do not create heat in the skin.) A sunscreen that does NOT contain this is NOT a total block and will NOT protect you from the harmful UVA/UVB rays. Sunscreen is just as important to wear in the winter (the sun's rays are just as damaging.)

- Elta MD UV Facial 30+
- Elta MD UV Aero 45
- Elta MD UV Shield 45
- Elta MD UV Clear 46
- Elta Block 30
- Elta Block 32
- Solbar Zinc 38
- TiZo 40
- TiZo 30
- Oil Free 30
- Antioxidant 40
- Vanicream 35
- Vanicream 50+
- Journee 30

Heliocare is a great addition to sunscreen. Heliocare helps maintain your skin’s ability to protect itself against sun-related effects and aging year round. The benefits begin the first time you take it, by mouth.

- Naturally-derived, anti-aging formula
- Antioxidant-rich
- Daily use oral dietary supplement

EHF 6/13/14
Sun Protection

The following information is provided by Robin Travers, MD, of SkinCare Physicians. Healthy Aging, in cooperation with SkinCare Physicians, is proud to offer this checklist for patients. An electronic version is also available on the "Patient Handout" section of iamhealthyaging.com.

Sun exposure is a normal consequence of healthy outdoor activity. Here are some ways to enjoy the outdoors while still protecting your skin from ultraviolet light damage, sunburn, wrinkling and skin cancer.

☐ Avoid the mid-day sun. Damaging ultraviolet (UV) rays are strongest at the noon hour. Schedule outdoor activities in the morning or later afternoon.

☐ Choose broad spectrum sunscreens of SPF 30 or higher. Many people avoid applying products that they dislike the feel of, so try out various lotions, gels, sprays, sticks or even cloth wipes to find a product that you like and will apply often.

☐ Don’t rely on the weather reports. Damaging UV rays can be strong even on cloudy days. And some types of UV rays, particularly those that are attributed to aging, can penetrate car window glass, so commuters can accumulate significant sun damage without being aware of it.

☐ Apply sunscreen thickly. When most of us apply sunscreens, we apply only one third to one half of what is required to reach the labeled SPF value. One ounce (about a shot glass full) is required to cover your whole body.

☐ Don’t forget the tricky spots. Many people forget to apply sunscreen to the tops of their ears and the back of the neck, where many skin cancers arise.

☐ Reapply sunscreens often. Many sunscreens lose their efficacy after 2–3 hours. Newer, photo-stabilized sunscreens offer 4–5 hours of protection. All sunscreens, even the longer-acting ones, should be reapplied after swimming or heavy outdoor activity and sweating.

☐ Make sunscreen a habit. Purchase several bottles and make them visible and easily accessible in your home, car, gardening area or recreational gear. If you see the sunscreen bottle, you are more likely to remember to apply it.

☐ Wear sunglasses to protect the sensitive skin around your eyes and prevent UV-induced cataracts.

☐ Wear protective clothing and broad brimmed hats. Light, long-sleeved shirts and pants can often be equally as comfortable as skimpier outfits. Rit Sun Guard is a useful and inexpensive laundry rinse that adds UV blocking ability to your clothes.

☐ Wear lip balm with an SPF 30 or higher to protect your lips. For cosmetics, tinted lip balms or lipsticks containing SPF 30 offer adequate sun protection.

☐ Ask your doctor about dietary sources of Vitamin D and Vitamin D supplementation. Don’t rely on sun exposure to protect your bones.

☐ Introduce safe sun habits to your children at a young age and model these behaviors for them. Enlist their help in applying sunscreen, encourage sunglasses and engage them in sun protective activities.

☐ Watch your medicines. Some drugs can increase your sensitivity to the sun. Ask your doctor if any of your medications cause sun sensitivity and increase your sun protection accordingly.

-----------------------------
FOR MORE HEALTH AND BEAUTY TIPS, go to our patient resource center at iamhealthyaging.com.
-----------------------------

NOTES:

---

HealthyAging This patient education handout further explains an issue related to your health. This handout is a general guide only. If you have specific questions, discuss them with your physician.
Skin Cancer at 17
One girl's story raises skin cancer awareness as younger people are diagnosed with skin cancer at surprising rates. Prevention and screening tips can help all ages.

By Amanda Koehler

Most teenagers worry about having a date to the next dance. But 17 year old Katie Donnar had a bigger concern: skin cancer.
Donnar, now 19, is currently a contestant in the Miss Indiana pageant. While many contestants have platforms of "world peace," this girl from Vincennes, IN, focuses her platform on skin cancer, drawing from her own experiences with tanning beds.
Donnar started tanning in the sixth grade, "so I could fit in with the girls on my cheer team and so I could have the bronze glow they all seemed to accomplish through tanning beds," she recalls.
It wasn't long before Donnar was tanning almost every day throughout her junior and senior years of high school. Her family even bought her a tanning bed, hoping it would cut down on costs at the tanning salon. In March 2009, she noticed a spot on her left calf. A week later, Donnar got the diagnosis: malignant melanoma, the most deadly form of skin cancer.
"I was completely shocked. As a 17-year-old, I didn't understand how this could be happening to me. I thought it was impossible," Donnar explains. "Every story I had heard about skin cancer had happened to someone who was a lot older and possibly a grandparent, and I was just a senior in high school."
Donnar has joined the ranks of an increasing number of young people who are developing skin cancer. Melanoma, the deadliest form of skin cancer, is the most common form of cancer in young adults ages 25-29, according to The Skin Cancer Foundation.
In addition, skin cancer is the most common cancer in the United States; and one in every five Americans will develop skin cancer, according to The Skin Cancer Foundation. Two million people are diagnosed annually; that's more than breast, prostate, lung and colon cancer combined.
But several strategies, including avoiding tanning beds, doing self-screenings and lobbying on sunscreen, can help you and loved ones avoid becoming part of a growing number of statistics.
Growing Concern
No hard evidence points to why melanoma incidences are rising among twenty-somethings, but several theories exist, says Jessica J. Krant, MD, MPH, a New York dermatologist.
"Some [experts] feel vacation patterns and a pattern of 'seeking the sun' have contributed. Others suggest changes in the environment due to global pollution have made the sun's rays more potent over time," explains Dr. Krant, who is also an assistant clinical professor of dermatology at SUNY Downstate Medical Center, Brooklyn.

RELATED CONTENT

Another potential culprit is the ever popular indoor tanning beds and salons. The FDA is currently reviewing how to
regulate the tanning industry more carefully to prevent minors from being exposed to skin cancer, especially because indoor tanning has been exposed as a Class 1 carcinogenic activity, a known direct cause of cancer. No matter the cause for this cancer, several steps can reduce your risk:

**Skin Self-Exams.** A skin self-exam is an easy technique to perform and essential one to detecting skin cancer early. "Very often, the skin cancer warning signs will be present on the skin, and the first person who can possibly detect it is the individual himself or herself, long before someone else sees it, such as a physician," says Lisa Renfro, MD, a dermatologist with Annapolis (MD) Dermatology Associates.

"It is important to perform self-exams of the skin to be familiar with the moles and growths you have, so you will be aware if one is changing or a new one arises, and you will be alerted to go see a dermatologist," Dr. Krant adds. "It is normal to get new, benign moles (brown beauty marks) into your thirties, but anything new or changing should always be noted."

Some new moles are perfectly benign, Dr. Krant explains, but some can be trouble - which is why it is a good idea to alert your family physician or dermatologist to any new skin changes.

Melanoma most commonly arises from a brown mole, although, Dr. Krant notes, on rare occasions, melanoma can have no brown color at all. Squamous cell carcinoma (SCC) and basal cell carcinoma (BCC) are two other forms of skin cancer with low mortality rates but need treatment to prevent serious future consequences.

"For most people, SCC and BCC are more related to sun damage and sunburn history, while melanoma is equally related to sun damage history and genetic risk," Dr. Krant says.

People who have no family history of skin cancer can perform a self-exam every four months to six months, Dr. Krant says. "Check your birthday suit on your birthday" is a slogan Dr. Renfro urges people to remember.

"People who have a family history of skin cancer, or many moles, should basically always be looking or aware of their skin," Dr. Krant advises. "Planning to look yourself over every one to three months is a good idea."

Conducting a self-exam is relatively easy, Dr. Renfro notes, and diagrams of this process can be found [here](#). Get a hand mirror and get in front of a full-length mirror for the self-exam, then examine your body in the front and the back, Dr. Renfro says.

Examine your arms and forearms, remembering to raise your arms and bend your elbows to check out every inch of skin. Additionally, look at your palms, Dr. Renfro advises. Then look at the front of your legs, the backs of your less and your feet. Don’t forget the spaces between your toes and your soles. Examine your neck, scalp and look through your hair. Check your back and buttocks with the hand mirror, Dr. Renfro tells *ADVANCE.*

When examining your body, look for the ABCDEs of melanoma:

- **A** is for asymmetry. Contact your dermatologist if one side of a lesion or mole is unlike the other half.
- **B** is for border. Be aware of irregular, poorly defined, blurred or scalloped lesions or moles.
- **C** is for color. If a lesion or mole goes from tan to brown to black over a course of time, call your doctor. Red, white and/or blue moles and lesions are also suspicious, Dr. Renfro says.
- **D** is for diameter. Dr. Renfro notes melanomas are classically 6 mm in diameter (the size of a pencil eraser), although they can be much smaller.
- **E** is for evolving. Pay special attention to moles or lesions that look different from the rest of the body, or that change in size, shape or color over time.

Additionally, be aware of moles or spots that have become itchy or irritated, a sore that won’t heal, a pimple that hasn’t gone away after a few weeks or an area that bleeds with shaving, Dr. Krant says.
When performing a self-exam, pick a method and stick with it, so you are familiar with what your moles and spots look like, Dr. Krant says. **See your dermatologist.** People should get a skin exam by a board-certified dermatologist once a year, Dr. Krant suggests. Patients with a family history of melanoma or multiple nonmelanoma skin cancers, or patients with a personal history of any type of skin cancer, should have an exam every six months, she adds. Also, people with more than 50 moles on their body, atypical moles, a history of sunburn or fair skin should see a dermatologist on a yearly basis, Dr. Renfro notes. "The jury is still out" on those at least risk.

No matter how many moles you have, everyone can take precautions against skin cancer. "The most important ways to avoid skin cancer of any type are not to pursue a tan or burn for the sake of 'getting color,' and to maintain familiarity with your skin and moles, doing regular checks and being aware of changes," Dr. Renfro advises.

**Prevention is key.** Additionally, daily sunscreen or moisturizer with sunscreen with an SPF of at least 30 and broad spectrum protection against both ultraviolet A and B rays is a must. Avoid sun exposure between 10 a.m. and 3 p.m., and wear sun protective clothing, sunglasses and a hat, Dr. Krant adds. Stay under an umbrella or shade when you can, Dr. Renfro suggests, and never use tanning beds.

Donnar takes this final tip to heart. Despite being diagnosed with a deadly cancer, Donnar was lucky because she found it before it spread to any organs. As a result, treatment was relatively easy; her doctor removed four inches of flesh in a football shape from her calf. She now goes to regular screenings with her dermatologist and melanoma specialist. This 19-year-old has used her beauty pageant experience to advocate for sun protection; she no longer tans in tanning salon and has a new image of beautiful: "Our skin tones are all unique. We all have beautiful skin when natural and not damaged, bronzed or burned. I let younger people know it's not worth it to damage your skin so you can look like or be someone other than your own natural self," Donnar says.

*Amanda Koehler is an associate editor at ADVANCE, the parent company that publishes this patient resource center.*