



Kenneth Mark Skin Care, Inc.



Fitness
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You're Good
to Glow

YOUR SPF EXCUSE

"My fair skin always burns, no matter what sunblock I use—why even bother?"

FACT People with pale skin have the highest chance of developing all three types of skin cancer. (Turn to page 109 for more information on the disease.) And having a history of sunburns increases these already elevated odds. "Just one blistering burn doubles the risk of melanoma," says Lori Brightman, M.D., a dermatologist at Laser & Skin Surgery Center of New York.

FIX Apply one ounce of sunscreen (about a palmful) to skin 30 minutes before heading outside. It takes that long for the active ingredients to kick in. Sky-high SPF levels (70! 80! 90!) are your best choice. "SPF measures the amount of time you should be able to stay in the sun without burning—the higher the number, the longer skin should stay protected," says Kenneth Mark, M.D., a clinical assistant professor in New York University's dermatology department. Reapply every two hours—more frequently if you take a dip or sweat a lot.

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"Sunscreen stings my eyes when I work out."



FITNESS FAVES Banana Boat Sport Performance UltraMist SPF 85, \$10.49, drugstores, for the body; Aveeno Continuous Protection Active Sunblock Lotion SPF 50 for Face, \$10.99, drugstores

FACT Perspiration from your sweat session allows UV rays to pass easily through the skin, causing it to burn more quickly, says Patricia Agin, Ph.D., a skin-care researcher at the Coppertone Solar Research Center in Memphis. Some dermatologists believe that's a major reason marathoners have an increased risk of developing melanoma and other skin cancers such as basal cell and squamous cell carcinomas.

FIX Take your workout indoors or try to schedule outside time at sunrise or

sunset; the sun's rays are strongest from 10 a.m. to 4 p.m. Sunscreens labeled "100 percent waterproof" or "sweatproof" last about 90 minutes, unlike "water-resistant" kinds, which use their potency after 40 minutes, Dr. Mark explains. Reapply every hour and a half—or immediately after a swim or workout. Use an extra coat on your nose and lower legs, which are hot spots for melanoma. And try a stick or thicker lotion on your face. "They're less likely to run into your eyes than sprays, which work better on your body," Dr. Brightman says.

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"I don't burn easily. And a little color can't hurt, right?"

FACT A tan may look innocent (especially compared with an obviously unhealthy burn), but "even just a slight change in skin color is a direct sign of sun damage," Dr. Mark says. Besides leading to freckling, age spots and premature wrinkles, a bronze tone indicates that free radicals from the sun's rays have injured your cells' DNA, which can set off a chain reaction that eventually leads to skin cancer. Everyone is susceptible to it, no matter what his or her skin color is.

FIX Repeat after us: The only healthy tan is a fake one—meaning one that comes from a bottle. Bronzers are like makeup for your body, tinting skin until you shower off. Self-tanners contain DHA (a safe, sugar-derived ingredient) to make you look like a beach babe for up to a week. How? The sugar reacts with the proteins in your top, dead skin layers, creating a brownish tone. For color *and* protection, try a two-in-one sunscreen with SPF plus a splash of bronzer or DHA.

Quotes from Dr. Kenneth Mark