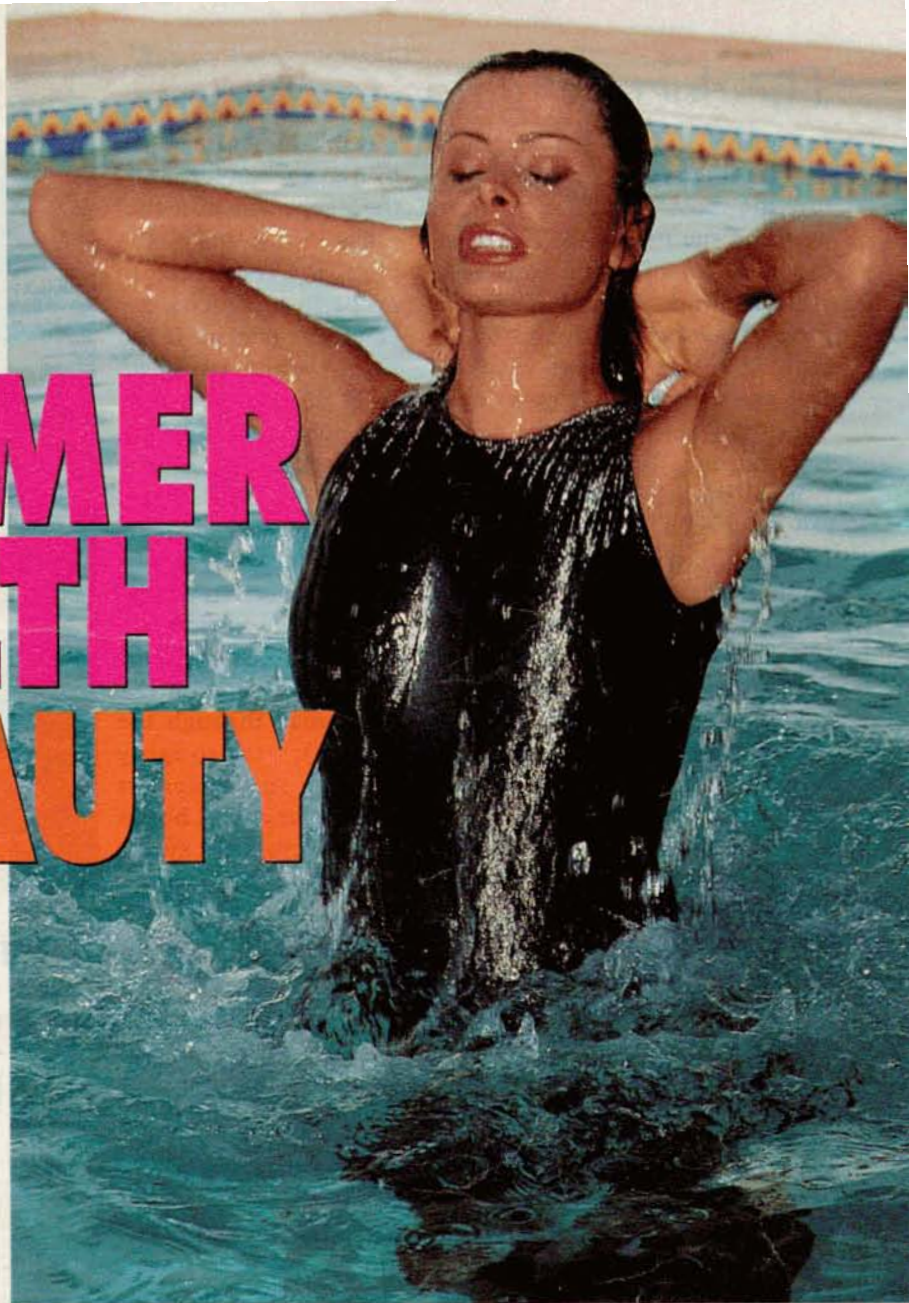


The doctors' guide to **SUMMER HEALTH** and **BEAUTY**



It's everyone's favorite time of year—beaches, barbecues, long, lazy days relaxing in the sunshine. But the very things that make summer so wonderful can also be detrimental to your health and your looks. So we've asked top doctors across the country for the latest news and advice on everything from skin-cancer protection to breakout prevention. Summer is just around the corner—make it the best season ever. By Linda Fears and Joan Lippert

Here comes the sun: **Get smart**

A sunburn isn't the only reason to avoid excess sun exposure. Too much sun also causes wrinkles, freckles, age spots and, most serious, skin cancer. "Be sensible," advises Dr. Coleman. (For our team of experts, see page 52.) "Balance sun exposure with the kind of lifestyle you lead. If you enjoy tennis, waterskiing and other outdoor activities, you must do three things: Use sunscreen with an SPF [sun-protection factor] of at least fifteen faithfully; schedule

your activity before ten A.M. or after two P.M., avoiding the mid-day hours, when the sun is strongest; and wear protective clothing whenever possible. A hat is mandatory—it shields the scalp and shades the face—and the bigger the brim, the better. We've been finding more and more skin cancer on the scalp because as people age, their hair thins and the scalp is more exposed."

THE LATEST NEWS ON SUNSCREEN

Don't bother using any sunscreen with an SPF below (continued)

The doctors' guide to **SUMMER HEALTH** and **BEAUTY**

(continued) fifteen—in fact, most dermatologists recommend getting the most protection you can by using the highest-SPF, waterproof, broad-spectrum sunscreen you can find. (Broad spectrum means it blocks UV-A and UV-B rays. UV-A rays cause wrinkles and age spots; UV-B rays cause burning. Remember A for aging, B for burning.)

What does SPF mean? It's the ratio of the amount of exposure to UV rays required to cause skin redness *with* a sunscreen to the amount required *without* a sunscreen. So if your skin burns after thirty minutes in the sun without a sunscreen, wearing an SPF 15 sunscreen will allow you to be in direct sunlight for fifteen times that, or more than seven hours, without burning. However, sunscreens do not block *all* UV rays.

"An SPF fifteen blocks ninety-four percent of UV-B rays, an SPF thirty blocks ninety-seven percent of UV-B rays and an SPF fifty blocks ninety-eight percent of UV-B rays," says Dr. Rigel. "So, even if you don't burn, you are exposed to some UV-B rays. UV-A ray blockage is harder to measure. But if you use an SPF fifteen or higher, you'll block over eighty-five percent of UV-A rays. And since people often skimp when applying sunscreen and apply it unevenly, they often don't get the full SPF protection that

the product offers. An ounce of sunscreen—the equivalent of a shot glass full—is the amount required to properly protect an average-size person. If you skimp when using an SPF fifteen, you may end up with an SPF six, whereas if you skimp using an SPF fifty, you'll still get adequate protection."

Apply sunscreen before you go outside (every day, even on cloudy days—80 percent of UV rays break through the clouds); thoroughly reapply sunscreen at least every two hours and always after swimming or heavy sweating.



Melanoma is the most common cancer in women aged twenty-five to twenty-nine and is second only to breast cancer in women aged thirty to thirty-four.

SUNSCREEN'S LIMITATIONS

Sunscreens aren't perfect. If applied properly, they can prevent a burn, which is important, says Dr. Robins, because studies have shown that burns are likely to develop into skin cancer. Sunscreens can also protect against *some* future freckling and brown spots,

and they can *lower your risk* for developing solar keratosis (precancerous lesions) and skin cancer. But remember that you can develop skin cancer even if you don't get a sunburn.

Says Dr. Rigel, "The only way to completely protect yourself against skin cancer is to avoid the sun."

OUR TEAM OF EXPERTS

Diana Bihova, clinical assistant professor of dermatology at New York University School of Medicine, in New York City; William P. Coleman III, M.D., dermatologist in Metairie, Louisiana, and clinical associate professor of dermatology at Tulane University School of Medicine, in New Orleans; Darrell S. Rigel, M.D., clinical associate professor at New York University Medical Center; Perry Robins, M.D., president and founder of The Skin Cancer Foundation; C.J. Rustad, M.D., medical director of the Advanced Skin Care Institute, in Minneapolis-St. Paul; Ron Smith, M.D., president of the American Academy of Ophthalmology and professor and chairman of the department of ophthalmology at the University of Southern California, in Los Angeles, and Doheny Eye Institute.

SKIN CANCER: WHAT YOU MUST KNOW

Skin cancer is on the rise, and the incidence of malignant melanoma, the deadliest form of skin cancer, is growing faster than any other cancer in the U.S. and in the world. It's rising most rapidly in people under forty—especially *women*. "Melanoma is the most common cancer in women aged twenty-five to twenty-nine and is (continued)

The doctors' guide to **SUMMER HEALTH** and **BEAUTY**

(continued) second only to breast cancer in women aged thirty to thirty-four," says Rigel. "The most likely cause for the increase in melanoma worldwide is the depletion of the ozone layer. And there are probably more cases of melanoma among young women today because of too much sun exposure during their teenage years—girls tend to sunbathe more than boys. Since most sun damage happens before age twenty and it takes ten to twenty years for melanoma to develop, women aged twenty-five to forty are seeing the results of that early damage now."

Melanoma is the most serious of the three major skin cancers, which include basal-cell carcinoma and squamous-cell carcinoma. Early detection of skin cancer is crucial—it's easy to cure if diagnosed and treated early. Here's what to look for:

Basal-cell carcinoma The most common type of skin cancer (it represents 80 percent of all skin cancers), basal-cell carcinoma affects over half a million Americans every year. Those at highest risk are people with fair skin, light hair, and blue, green or gray eyes. It usually looks like a pearly growth or bump that may crust and bleed. This type of cancer rarely spreads.

Squamous-cell carcinoma The second most common skin can-



cer, it affects about 100,000 Americans every year. Again, fair-skinned, light-eyed people are most at risk. It typically resembles a crusty, scablike lesion that can bleed and doesn't heal. If left untreated, this cancer does eventually penetrate the underlying tissues, and though it rarely metastasizes to vital organs, if it does, it can be fatal.

Malignant melanoma The deadliest type of skin cancer, melanoma arises in moles or in the tanning cells of the skin and can spread rapidly throughout the body. Those most at risk are fair-skinned, light-eyed people, those with a family history of melanoma and people who have a lot of

moles. One out of every one hundred five Americans is at risk of developing malignant melanoma. Women develop melanoma most often on the legs; men on the chest, shoulders and back—the patterns are probably related to different styles of dress.

The fastest-growing treatment for skin cancer is Mohs micrographic surgery (named for Frederic E. Mohs, M.D., who developed the technique about forty-four years ago). "One of every four or five skin-cancer patients is treated by this method," says Dr. Robins. Mohs surgery offers the highest

SKIN CANCER: THE FACTS

1. It's the most common kind of cancer.
2. One in every three cancers is skin cancer.
3. One of every six Americans gets it; one of every three fair-haired, light-skinned Americans gets it.
4. More than 600,000 new cases are diagnosed every year.
5. The sun causes at least 90 percent of all skin cancers.

cure rate and sacrifices the least amount of healthy tissue because traces cancer to its roots. The method: Thin layers of tissue are surgically removed and immediately examined for malignant cells in a specially equipped lab in the doctor's office; when all areas of tissue are cancer-free, surgery is complete. Other common treatments include scraping, burning, radiation, cryosurgery (freezing tissue with liquid nitrogen) and chemotherapy.

THE ABCD MELANOMA CHECK

If you have a family history of melanoma or a family member who has had a mole removed that was found (continued on page 62)

Free skin-cancer test

The American Academy of Dermatology (AAD) is once again offering a month of free skin-cancer screenings. This year marks the tenth anniversary of National Melanoma/Skin Cancer Detection and Prevention Month, and the 1994 theme is "Burning Issues." Over the past ten years the AAD has screened nearly 700,000 Americans and detected more than forty-five hundred suspected melanomas. For more information on free cancer screenings, skin cancer and sun protection, send a SASE to American Academy of Dermatology, P.O. Box 681-069, Schaumburg, IL 60168; or contact your dermatologist, local hospital or clinic.

The doctors' guide to **SUMMER HEALTH** and **BEAUTY**

(continued from page 54) to be precancerous, you must get a total body exam annually. If your family has no history of melanoma, it's a good idea to have a doctor check you out once, then do regular self-checks every three months. Any spots or growths that continue to itch, hurt, crust, scab, erode or bleed, or sores that won't heal, are telltale warnings—see your doctor immediately. If you have any moles that fit any of the following descriptions, see your doctor immediately.

Asymmetry Benign moles are round and symmetrical; malignant moles are asymmetrical.

Border Benign moles have smooth, even borders; malignant moles have uneven borders—often with notched edges.

Color Benign moles tend to be a single shade of brown; malignant moles have two or more shades of brown or black.

HOW TO EASE A BURN AND SAVE FACE

Apply cool-water compresses. Take two aspirin with every meal. Aspirin eases discomfort and works as an anti-inflammatory that can reverse some of the chemical reactions that occur in burned skin. Soothe large areas of skin with moisturizer. Over-the-counter hydrocortisone cream is best for smaller areas. When you start to blister, see a dermatologist, who will prescribe stronger topical or oral cortisone.

Your face is bright red and it hurts—now what? Applications of refrigerated moisturizer will soothe the skin, relieve the dryness and help prevent peeling. Skip astringents, abrasive cleansers, masks and prescription anti-aging products such as Retin-A until inflammation is reduced. If face and eyelids aren't too tender, apply a light makeup: translucent powder, mascara and a tinted lip stain or gloss.



Diameter Benign moles are usually less than a quarter of an inch in diameter—about the size of a pencil eraser; early melanomas tend to be larger.

SUN-RELATED RASHES

Some people are actually allergic to certain wavelengths of the sun. Two reactions are: polymorphic light eruption (PMLE), which causes bumpy, scaling, blistering, itchy or red patches that develop hours to days after sun exposure; and solar urticaria, or sun-induced hives, which appear immediately after sun exposure. PMLE

is treated with over-the-counter topical steroids or prescription steroids and antihistamines. Sun-induced hives are treated with topical or oral antihistamines, topical cortisone, or prescription medicines (stronger steroids, antihistamines) if necessary. The prevention for both is the same as for a sunburn.

Prickly heat (the medical term is miliaria) is characterized by tiny red bumps or blisters that itch or sting. The rash is caused by blocked sweat ducts and appears days to months after exposure to heat and humidity. Treat prickly heat with body powder and lotions such as calamine to cool and dry the skin. Ward it off by keeping cool and wearing clothing that breathes.

MADE IN THE SHADES

“The cumulative effect of years of sun exposure without properly shielding the eyes increases a person's risk for earlier development of cataracts as well as degeneration of the central vision part of the retina,” says Dr. Smith. Look for sunglasses that block or absorb more than 90 percent of UV-A and -B light. FYI: Clear UV-absorbing coatings are available for prescription glasses.

Sunglasses for summer '94

The newest sunglasses are small, airy metal frames with a subtle retro or antique look. The shape to have is rounded oval or rounded rectangular. They're featherweight, don't cause marks on the sides of the nose, and they flatter every face.

However, these styles will not provide enough protection for the entire eye area, since the frames are small and thin. Compensate by using a sunblock specifically designed for eyes. Eye-care sunblocks are packaged as crayonlike swivel sticks, small tubes or compacts, and are either clear or flesh-tone. They can be applied directly to the eyelids and surrounding area without causing irritation. The best are matte and waterproof—wear alone or under makeup. We recommend Clinique Eye-Zone Sunblock SPF 25 and Estée Lauder Advanced SunCare SunBlock for Lips and Eyes SPF 25.

The bare facts

One of the best things about summer is wearing light, airy, body-baring clothing—it's also one of the worst things when there are areas of your body you can't bear to show. We've pinpointed five common skin problems—excess perspiration, acne breakouts, spider veins, hair removal and cellulite—and discovered some new, practical solutions.

DON'T SWEAT IT

Your regular antiperspirant doesn't seem to do the job during the long, hot days of summer? You may be one of many people who perspire excessively in the heat and for whom regular antiperspirants are not effective. The active sweat-control ingredient in antiperspirants, aluminum salts, is effective for controlling average perspiration. A more ef-



fective ingredient is aluminum chloride, which is better at blocking pores so sweat cannot be released. The only over-the-counter antiperspirant with aluminum chloride is Certain Dri, by Numark Laboratories, Inc. It contains 12.5 percent aluminum chloride. (Any antiperspirant that has 15 percent or more alu-

minum chloride requires a prescription.)

Certain Dri is potent and should be applied only at bedtime, says Dr. Bihova. Start with nightly applications; then, as perspiration decreases, cut back to every other night. Apply it at the vault (the hair-bearing area) of the armpit, and don't use it right after shaving or showering—it must be applied to perfectly dry skin.

If Certain Dri isn't strong enough for you, there is a prescription antiperspirant called Drysol, by Person and Covey, which contains 20 percent aluminum chloride. "Drysol is very effective, but it can be irritating," says Bihova. (Drysol is alcohol-based, a more irritating solution than Certain Dri, which

Wear a cotton swimsuit instead of nylon. When nylon rubs against your skin it causes friction and traps moisture, which causes even more friction, and more acne.

is water-based.) "Apply it the same way as Certain Dri. Don't apply too much, and use only on the armpits."

PERSPIRATION ACNE

Why do some people break out more in the summer—especially on the back, shoulders and chest? "A combination of perspiration and friction causes perspiration acne in people who have a tendency to break out," says Bihova.

"These are areas with the greatest number of oil glands. Sweat has a tendency to be comedogenic or pore-clogging, which contributes to the problem. Add to that friction from shoulder bags and backpacks [any kind of mechanical

stimulation will irritate the oil glands] and heat, which also activates oil glands, and breakouts are likely to occur."

Bihova recommends treating perspiration acne with solutions such as Erycette, disposable pads that contain topical erythromycin and alcohol. Use the pads in the morning and carry them with you during the day. "You can also use harsher soaps that contain salicylic (continued)



The doctors' guide to **SUMMER HEALTH** and **BEAUTY**

Ouch, it stung me!

Summer means bugs—and dreaded bug bites. Though most bug bites aren't dangerous, the big, ugly red welts they can leave on your skin look awful. Here are symptoms, treatments and preventions for the most common bites plus the best way to cover bites on your legs (so you can wear sheer hose or shorts without worry!)

TYPE	SYMPTOMS	TREATMENT	PREVENTION
MOSQUITO BITES	Scattered raised, red, itchy swollen areas 1/4 inch in diameter. These can develop within minutes of the bites or be delayed. In rare cases, the bite causes fever.	Cold compresses, ice, cortisone cream, antihistamines, antibiotic ointment to prevent infection. See a doctor if fever or other alarming symptoms develop. Mosquitoes can carry the virus that causes encephalitis.	Wear insect repellent and dark-color clothing. Avoid fragrances. Stay away from standing water, where mosquitoes breed.
FLEA BITES	Several red, raised-skin areas in a group or line, often three together, that look like small hives, sometimes with puncture marks in the centers. They develop hours after the bites, are about 1/8 inch across and appear on the arms, legs, waist, thighs, buttocks. In rare cases, cause flulike symptoms.	Same as for mosquito bites.	Treat pet with flea collar, powder or bath; wear insect repellent; apply insecticide to living quarters.
CHIGGER BITES (Chiggers are tiny, six-legged spiderlike bugs found in the southern U.S.)	Multiple red, itchy bumps, hives or blisters.	Wash immediately after being bitten to remove chiggers from skin. Cold compresses, ice, calamine lotion, cortisone cream, antihistamines, antibiotic ointment to prevent infection.	Wear insect repellent; wear protective clothing.
BEE OR WASP STING	A raised, red, itchy welt that develops immediately after the sting and looks like a hive, sometimes with a puncture mark in the middle. It ranges from half an inch to a few inches across and is the most painful bug bite. Less than 1 percent of people (usually allergy-prone people) develop a severe allergic reaction called anaphylaxis, which includes breathing trouble, fainting or severe hives.	Same as for mosquito bites. For severe symptoms, go to a hospital emergency room immediately for an injection of adrenaline.	Avoid walking barefoot outdoors, avoid wearing perfumed products, carry an aerosol insecticide spray and dress in protective clothing. People with a history of severe reactions should carry a bee-sting kit—which includes a drug that reverses severe allergic reactions when injected into the leg.

Are some people prone to bug bites?

According to Dr. Rustad, children, people with higher body temperatures (body temperatures can vary by a few degrees from person to person) and anyone wearing a scent (from hairspray to scented soap to perfume) are most attractive to mosquitoes. Dr. Bihova says people who have allergies like hay fever and asthma tend to have worse reactions to bug bites in general. "Some people who are bitten in one spot develop five or ten more spots," says Bihova. "The spots aren't more bites, but a hypersensitive reaction to the by-products [the venom] of the original bite." She often prescribes cortisone tape to cover very itchy, inflamed bites on the extremities—bites on the arms and legs tend to be bigger and redder. The tape, which is available only by prescription, reduces inflammation and prevents scratching, which can lead to infection.

HOW TO COVER BITES

A thick waterproof body makeup is an excellent camouflage for insect bites. Dab or pat on individual bites or blend over a large area of multiple bites; allow to set five minutes. Covermark Leg Magic works well and comes in seven shades. It's available at drugstores and department stores nationwide; \$12 for a 2.75 oz. tube.

**Rit® can get the
sock white.
Now if you
can only find
the other one.**



You don't like pink socks? Neither do we. Don't bother with bleach. Use **Rit Color Remover**. Anything that used to be solid white we can get white again. Safely. We guarantee it, or you get your money back. That goes for the whole line of Rit fabric treatment products. So next time you have a laundry problem (besides lost socks), head for the Rit Rack.

Rit. One less worry.™



© 1994 CPC International, Inc.

(continued) acid [Salicylic Acid Soap from the Stiefel Company is one] on these areas because the skin isn't as sensitive as it is on the face and because in the summer the skin thickens from sun exposure so it can take more," explains Bihova. "Wear natural-fiber fabrics like cotton and linen that breathe. Wear a cotton swimsuit instead of nylon: When nylon rubs against your skin it causes friction and traps in moisture, and this moisture causes even more friction and more acne."

ZAPPING CREEPY SPIDER VEINS

Though spider veins (dilated blood vessels near the surface of the skin) can evolve into varicose veins, which should be removed because they can interfere with circulation and cause blood clots, spider veins are removed for purely cosmetic reasons, says Dr. Coleman. (Since insurance companies consider spider-vein removal a cosmetic procedure, they don't pay for treatment.) "Contrary to popular belief, tanning your legs will not camouflage spider veins," says Coleman. "In fact, the more you expose your legs to the sun, the more spider veins

you'll get. Sun, heredity and hormones are all causes of spider veins."

Why does sun exposure lead to an increase of spider veins? Chronic sun exposure causes surface blood vessels to be inflamed, leading to the dilation of the vessels and new sprouts of spider veins. According to Coleman, protection from the sun is the only prevention, but treatment these days is excellent. Doctors use a procedure called sclerotherapy to banish spider veins: A saline or chemical solution is injected into the vein; the resulting irritation in the lining of the vein causes it to collapse, scar down and be reabsorbed by the body. Treatment is permanent, though new veins may appear that are unrelated to the treated veins. A dermatologist performs the procedure once a month for several months, then once every year or two for touch-ups. It's not painful, and there are minimal side effects—skin may be temporarily discolored or bruised where the veins were. The cost is about \$175 per treatment.

THE TRUTH ABOUT CELLULITE

Forget everything you've read and

SPA GETAWAY CONTEST

Just what the doctor ordered! Send us your best de-stressing tip, and you could win a six-night trip for two to the luxurious **Spa LXVI at Pier Sixty Six Crowne Plaza Resort & Marina**, in Fort Lauderdale, Florida. You and a spouse or friend will have full use of the spa facilities and receive complimentary spa services, including massages and facials. Simply submit your tip (in thirty words or less) with one proof of purchase from the following advertisers by May 31, 1994:

Playtex Secrets Bra or Panty Slimmer, Shade, Keds Grasshoppers, Tums 500, Nivea, or any VO5 Hot Oil Therapy product. For official rules, turn to page 202.



heard about products that claim to get rid of cellulite—don't spend a fortune on so-called miracle creams and lotions. "No external treatments can smooth dimpled skin," says Dr. Coleman. "No creams, no lotions—and don't waste your time on loofahs. If you swell the skin by beating it up with a loofah, it may look better for a few hours, but all you've done is cause swelling."

The medical definition of cellulite is: dimpled skin caused by the compartmentalization of fat cells. Some people, says Coleman, have a tendency toward dimpling because their fat is divided into little compartments by fibrous strands that extend out from the skin. It's generally a hereditary condition, but it can also result from yo-yo dieting. "If you have a lot of fat in the area [a fat mass the size of a tennis ball or larger], liposuction is effective for getting rid of it. But liposuction is a de-bulking procedure, not a surface procedure," says Coleman. "Some doctors have attempted to break up those fibrous strands with sharp instruments, but this method causes a lot of bruising, and it's not a proven treatment."

A BETTER WAY TO SHAVE

"The biggest problem women have with shaving," says Dr. Bihova, "is ingrown hair, especially at the bikini area. Ingrown hairs can be very unsightly. In bad cases they cause inflamed red bumps—and infections when women try to pick them out."

How does a hair become ingrown? According to Bihova, coarse or curly hair tends to become ingrown because as it's being pulled from the skin by a razor blade, the hair can recoil and become distorted. Once it's distorted, it becomes stuck underneath the skin's surface. Another reason: Curly hair sometimes grows out at an angle, and the tip may grow back into the skin. A dermatologist can treat the rash and infections caused by ingrown hairs; electrolysis may be necessary to remove the hair in severe cases.

If you are prone to ingrown hairs,

Bihova suggests shaving in the direction of hair growth. You won't get as smooth a shave, but you may prevent ingrowns. She also recommends using a salicylic acid-based cleanser such as SalAc Cleanser, by GenDerm, once a week on the areas you shave. "The salicylic acid is keratolytic—it softens the keratin in the upper layer of the skin, which promotes exfoliation. When the superficial layers of dead cells are removed by exfoliation, you get a cleaner shave and diminish the occurrence


of ingrown hairs," says Bihova.

We hope this health information and beauty advice is helpful to you and your whole family. Be smart about sun exposure this season. Buy a large supply of sunscreen: Price is not an indication of quality—you want a high-protection product that is compatible with your skin. And remember that the majority of sun damage to the skin happens before age twenty, so be sure to protect your kids. Have a great summer!



Take your vitamins without taking a loss.

BETA CAROTENE 25,000 I.U., 100 softgels	\$5.97
OYSTER SHELL CALCIUM 500 mg. with D, 100 & 30 tabs	\$6.97
ODORLESS GARLIC 1,250 mg., 100 tabs	\$7.97
GINSENG 250 mg., 30 softgels	\$6.97
WOMEN'S PACK 30 packs	\$7.97
MEN'S PACK 30 packs	\$7.97
VITAMIN E, 400 I.U. Water soluble, 100 softgels	\$6.97
VITAMIN C w/ ROSE HIPS 500 mg., 100 & 30 tabs	\$4.97
VITAMINS A, C, & E Antioxidant formula, 60 softgels	\$6.97
ESSENTIAL BALANCE 100 & 30 tabs	\$6.97

 From April 24-May 7, Nature Made vitamins are on sale at Kmart. With no artificial flavors or colors, it only seems natural to offer them for less.



Is this place great or what.

©1994 Kmart Corporation. Call 1-800-866-0086 for the location of the nearest Kmart store, Pharmacy or Auto Service Center.