

**HCG WEIGHT LOSS.**  
LOSE WEIGHT AT ANY AGE.



**WISEMAN FAMILY PRACTICE**  
RICHARD J. WISEMAN, M.D.  
JEREMY D. WISEMAN, M.D.

*Bioidentical Hormone Therapy Program*



**NOW available**  
**AW APP**  
austinwoman magazine

ADVERTISE | DISTRIBUTION | CONTRIBUTE



< OUR BRANDS



**aw | austinwoman**  
MAGAZINE



ABOUT US

DIGITAL EDITION

TABLE OF CONTENTS

ARCHIVE

CALENDAR

COMMENTS



# HEALTH

[« BACK TO THE AUGUST 2011 TABLE OF CONTENTS.](#)

## SUMMER SKIN CARE

GETTING THAT “COPPER GLOW” IS A NO-NO IF IT COMES FROM ENDLESS HOURS OF SUMMER SUN EXPOSURE OR A TANNING BOOTH. HERE ARE SOME HEALTHY WAYS TO KEEP YOUR SKIN GLOWING THIS SUMMER.

by Darline Turner-Lee



I got my first sunburn the summer of 2000. Yes, you read correctly. I, Darline Turner-Lee, a chocolate brown, African-American woman, got sunburned on the tops of my thighs the summer of 2000 while driving to Austin. I had never been in such intense heat and didn't know that the sun blaring through my windshield was thoroughly baking my thighs. That evening, when I arrived in Austin, my legs felt as if they were on fire and I had no idea what the problem was. You see, as dark as I am, my skin didn't take on the customary red hue. But to the touch, it was far warmer than normal body temperature. My then soon-to-be husband put ice packs on my legs and applied some cream to help with the healing process. It was a new experience for me – one unpleasant enough that I've not repeated it.

Here in Austin, we are lucky to have more than 300 days of sunshine each year. But because of our proximity to the equator, we do heat up, and the combination of sun and intense heat can lead to some serious health problems, most notable for our skin. Excessive sun exposure

can lead to drying and wrinkling of the skin, premature aging and skin cancer. Skin cancer is the most common cancer and accounts for nearly half of all cancers in the United States. Perhaps,

**ON STANDS NOW!**  
ATXMAN.COM



Read Digital Edition  
Web Exclusives  
Video Exclusive  
PLUS MORE...  
**CLICK HERE**

Baylor Executive MBA  **AUSTIN CAMPUS**

**FITS MY LIFE.**

www.baylor.edu/AustinEMBA

 **BaylorBusiness.**  
Hankamer School of Business

 **BAYLOR UNIVERSITY**



*In our eyes she's a Soldier...  
In their eyes she's a Hero!*

**Family**

**NATIONAL GUARD**  
TEXAS STRONG TEXAS PROUD  
NATIONAL GUARD TEXAS



because skin cancer is so common and so readily treatable (if caught early) people don't consider it a threat. However, the American Cancer Society reports "Melanoma, the most serious type of skin cancer, [accounted] for about 68,130 cases of skin cancer in 2010." A little-known fact is that skin cancer is on the rise and one of the most affected populations is young people.

Dr. Brett M. Coldiron, a clinical associate professor of dermatology at the University of Cincinnati in Ohio, presented new statistics pointing to an increase in non-melanoma skin cancer and why young people are at an increased risk of developing this disease at the 69th annual meeting of the American Academy of Dermatology. According to Coldiron, tanning beds remain the major culprit when it comes to skin cancer in the younger population. In search of that bronze glow, many young adults are exposing themselves to tanning beds and excessive UVA and UVB rays. In his presentation, Coldiron reiterated, "We need young people to realize that tanning for cosmetic reasons now will ultimately negatively affect their appearance later and even increase their risk for skin cancer."

Allison Reyna faced the reality of skin cancer at age 25. The fair-skinned Massachusetts native denies "sun worshipping" or tanning, yet still developed the deadly disease. Her skin cancer was found during a routine annual skin check.

"I really couldn't understand why I developed skin cancer," says Reyna. "I am not one to stay out in the sun and I don't tan. Still, there it was."

Reyna had surgical excision of the skin cancer and then intensive chemotherapy.

"The chemotherapy was really tough, she said." "I felt really sick during treatment and wasn't eating very well. But I soon realized that I had to begin paying attention to what I was eating if I was going to recover. As I began to eat better, I was better able to tolerate the chemotherapy and heal."

Reyna's very personal experience with melanoma led her to become a nutritionist, a nutrition and wellness counselor and health and lifestyle coach. She firmly believes that skin care consists not only of what we put on our skin, but also what we put into our skin and shares this information and her own experience with her clients.

Dr. Peggy Chern is the director of Mohs Surgery at Westlake Dermatology, specializing in melanoma of the head and neck.

"It used to be that skin cancer was only seen in the senior population," says Chern. "But now I am seeing and treating more and more skin cancer in younger people. Young people need to seriously weigh the short-term benefit of 'the glow' from a tan against the long-term reality of skin damage, aging and skin cancer."

Chern is a staunch advocate of sun protection whenever outside. In addition to recommending sunscreen with SPF 30 or higher, Chern emphasizes the fact that sunscreens need to protect against both UVA and UVB rays. "Most people aren't even aware that there are two different types of rays and currently there are no FDA recommendations for UVA protection," says Chern. "But UVA rays can cause serious skin damage, so when looking for sun protection, make sure products protect against both UVA and UVB rays."

Chern also explained about the differences between sunscreen products.

"As much as possible, look for sun protection products that contain titanium dioxide and/or zinc oxide," she says. "These ingredients truly block the sun's rays by providing a protective barrier on top of the skin. However, they are noticeable when applied and they create a sort of ashen layer on top of the skin. This is unappealing to many people and for that reason, the makers of sunscreen developed products with the sun protective chemicals avobenzone, oxybenzone and ecamsule. Sunscreens containing these chemicals are easily rubbed into the skin and there is no noticeable ashen layer. As the sun's rays penetrate the skin, they hit the chemicals and are reflected, thus protecting the deeper skin layers."

Finally, Chern recommends that everyone have an annual skin check to look for any new moles or changing skin lesions. Each year the Westlake dermatologists and many dermatologists area-wide participate in the free Citywide Skin Cancer Screening. While this event typically takes place in May, Chern encourages, "If you have questions about a skin lesion, have it checked as soon as possible. Don't wait. The earlier skin cancer is detected, the more easily it is treated and the less likely it will turn deadly."

## RISK FACTORS FOR SKIN CANCER

(According to the American Cancer Society)

- Unprotected and/or excessive exposure to ultraviolet (UV) radiation
- Fair complexion



- Occupational exposures to coal tar, pitch, creosote, arsenic compounds or radium
- Family history
- Multiple or atypical moles
- Severe sunburns as a child

### SIGNS AND SYMPTOMS OF SKIN CANCER

(According to the American Cancer Society)

- Any change on the skin, especially in the size or color of a mole or other darkly pigmented growth or spot, or a new growth
- Scaliness, oozing, bleeding, or change in the appearance of a bump
- The spread of pigmentation beyond its border such as dark coloring that spreads past the edge of a mole or mark
- A change in sensation, itchiness, tenderness, or pain

### WHAT TO LOOK FOR IN A SUNSCREEN (PER DR. CHERN)



- SPF 30 or above with protection against both UVA and UVB rays
- Should contain titanium dioxide and/or zinc oxide (barrier brands) or the chemical protectants avobenzone, oxybenzone or ecamsule.
- Combinations of barriers and chemicals offer good protection.

### OTHER WAYS TO PROTECT YOURSELF FROM THE SUN'S RAYS

- Wear long sleeves and long pants whenever possible. Spafashions.com has an entire line of sun protective clothing.
- Wear hats with wide brims and sunglasses
- Get your car windows tinted (I surely did!) and make sure the tinting protects against both UVA and UVB rays.

### RESOURCES

- Allison Reyna, Nutrition and Wellness Counselor and Skin Cancer Survivor. Contact her at [www.foodaslife.com](http://www.foodaslife.com).
- Peggy L. Chern, MD, Director of Mohs Surgery at Westlake Dermatology, [www.westlakedermatology.com](http://www.westlakedermatology.com). Westlake Dermatology has multiple locations in Central Texas.
- American Academy of Dermatology – [www.aad.org](http://www.aad.org)
- The Skin Cancer Foundation – [www.skincancer.org](http://www.skincancer.org)
- The National Cancer Institute – [www.cancer.gov/cancertopics/types/skin](http://www.cancer.gov/cancertopics/types/skin)
- The American Cancer Society – [www.cancer.org](http://www.cancer.org)
- The Environmental Working Group - [www.ewg.org](http://www.ewg.org)

 Share / Save 

### LEAVE A REPLY

Your email address will not be published. Required fields are marked \*

NAME \*

EMAIL \*

WEBSITE

COMMENT

