

Life in Harmony

Alanis Morissette

OPENS UP ABOUT MOTHERHOOD, MENTAL WELLNESS, AND HER NEW MUSIC

RISE + SHINE! START YOUR DAY MINDFULLY

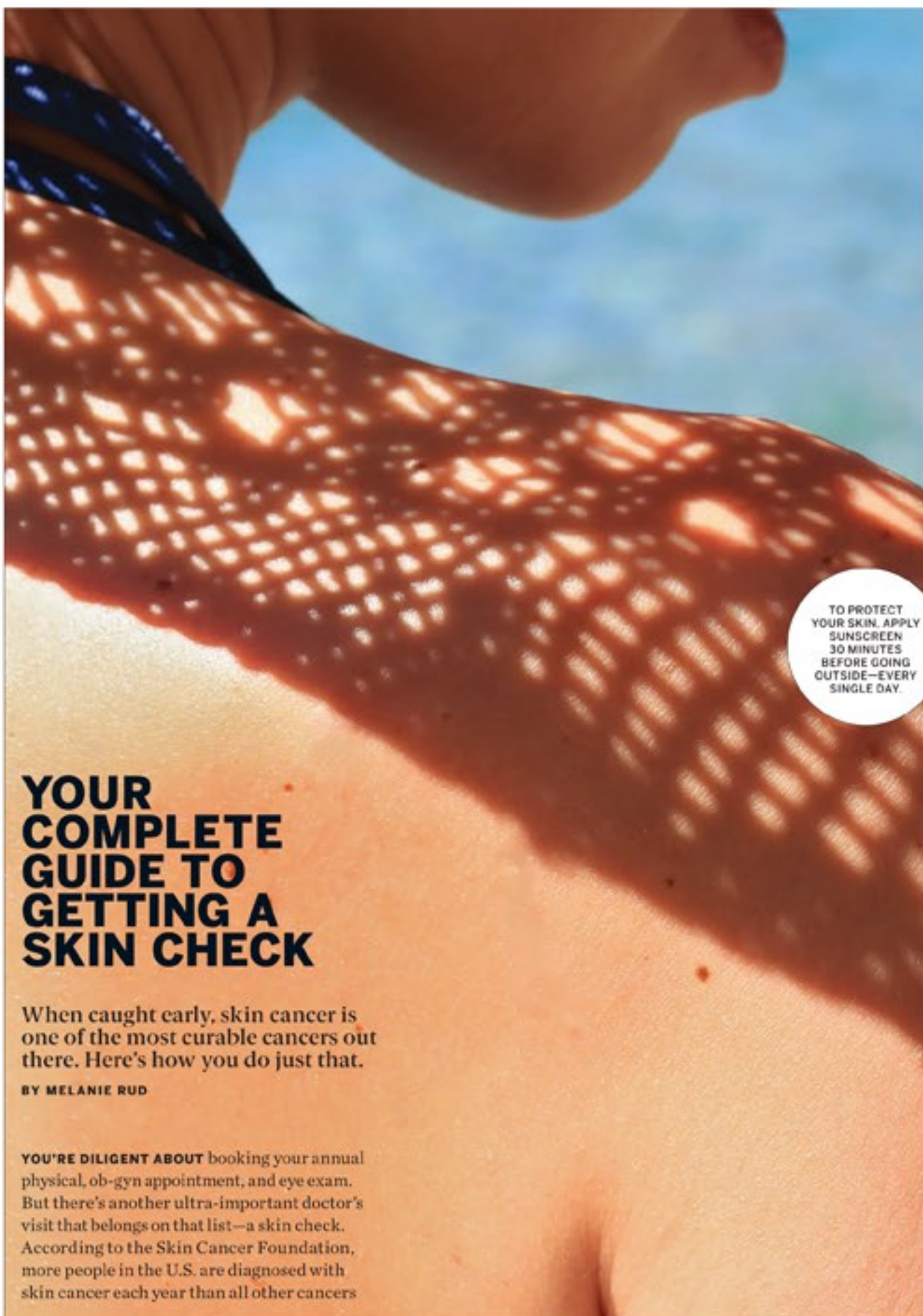
BUILD A BETTER SALAD, NO RECIPE REQUIRED

HEALTHY SKIN: WHAT YOU NEED TO KNOW

UNDERSTAND YOUR ANXIETY—AND FIND CALM

PLUS
19
Spring Beauty Go-Tos

BEAUTY
SKIN SMARTS



TO PROTECT YOUR SKIN, APPLY SUNSCREEN 30 MINUTES BEFORE GOING OUTSIDE—EVERY SINGLE DAY.

YOUR COMPLETE GUIDE TO GETTING A SKIN CHECK

When caught early, skin cancer is one of the most curable cancers out there. Here's how you do just that.

BY MELANIE RUD

YOU'RE DILIGENT ABOUT booking your annual physical, ob-gyn appointment, and eye exam. But there's another ultra-important doctor's visit that belongs on that list—a skin check. According to the Skin Cancer Foundation, more people in the U.S. are diagnosed with skin cancer each year than all other cancers

combined. Still, the five-year survival rate for melanoma is a whopping 99 percent if diagnosed and treated early enough, which is why routine skin-cancer screenings can truly mean the difference between life and death.

Unlike other preventive medical exams, there's no set recommendation as to when one should start getting annual skin-cancer screenings, though the dermatologists we spoke with agreed that early adulthood, between the ages of 18 and 21, is generally best. A few caveats: If you have a history of sunburns or tanning-bed use, consider starting skin checks even younger, and/or coming in every six months, says Elizabeth Hale, MD, a dermatologist in New York City and senior vice president of the Skin Cancer Foundation. And if your mother or father has had melanoma, you'll want to get checked twice per year, she adds.

If you've never had a skin exam, relax; it truly may be the easiest of all your annual appointments. "People are pleasantly surprised at how quick and easy a skin check is," says Dendy Engelman, MD, a board-certified dermatologic surgeon in New York City and Health Advisory Board member. As long as you don't have any irregular spots, it usually takes less than 10 minutes. Plan on going makeup-free, without polish on nails or toes (more on that in a minute), and wearing clothing that you can easily get on and off, advises Joshua Zeichner, MD, director of cosmetic and clinical research at the Department of Dermatology at Mount Sinai Hospital in New York City and Health Advisory Board member. You'll slip into a gown, and then your dermatologist will examine

HOW TECHNOLOGY IS CHANGING THE WAY WE DETECT SKIN CANCER

While they're not yet universally mainstream, a couple of new advancements are altering the skin-cancer-detection process. One is confocal microscopy, an even more sophisticated and intense magnification than the handheld dermatoscopes most dermatologists use, explains Dr. Engelman. The other is DermTech's Pigment Lesion Assay. Essentially a sticker, it removes DNA from suspicious spots, which then determines whether they're low- or high-risk. "This lets dermatologists monitor abnormalities without necessarily going right to a biopsy or having to cut the skin," says Dr. Engelman, who calls it "the wave of the future."

Derms on the Sun & Sunscreen

If you come in for your skin check with a tan, brace yourself for a little lecture. "I see people over and over who say they got a base tan so that they won't burn later. But there's no such thing as a safe tan," says Dr. Engelman. And if you're less than diligent about sunscreen? "The biggest thing I hear from patients during a skin check is that they don't have to wear sunscreen because they're not out in the sun," says Dr. Zeichner. "So then I ask them how they got to my office. People don't realize that all that incidental sun exposure adds up and can contribute to skin damage and cancer," he says. Using sunscreen daily is by far the best thing you can do to prevent skin cancer. When applying it to your face, Dr. Zeichner suggests starting from the center and working upward and out, in order to ensure you're completely covering your face and not missing the hairline, an often forgotten spot. For your body, Dr. Engelman suggests slathering up naked for the most complete coverage. Add one of these sunscreens into your sun-safe routine:



Isdin Eryfotona Actinica Ultralight Emulsion Broad Spectrum SPF 50+ (\$55; isdin.com/us) Dr. Engelman likes this product since it touts DNA repair enzymes, which she calls "an added safety net."

Solara Suncare Time Traveler Ageless Daily Face Sunscreen (\$42; solarasuncare.com) "This uses non-nano zinc oxide as a mineral blocker but still feels weightless and sheer," says Dr. Zeichner. Dr. Hale also notes that zinc offers broad-spectrum protection and is proven to be safe and effective.

Aveeno Ultra-Calm Daily Moisturizer Broad Spectrum SPF 30 (\$14; target.com) Dealing with redness or rosacea? Dr. Zeichner suggests this formula: soothing oats and feverfew calm down redness from rosacea.

Colorescience Sunforgettable Total Protection Brush-On Shield SPF 50 (\$65; colorescience.com) In theory, you should be reapplying sunscreen every two hours. It's an admittedly lofty goal, which is why both Dr. Engelman and Dr. Hale like using brush-on powders throughout the day for touch-ups (that won't mess up your makeup).



SHOP THIS STORY!
Hover your phone's camera over the smart code to visit Health's Amazon storefront.

BEAUTY
SKIN SMARTS