

You

TEND TO
YOURSELF, BODY
AND SOUL

HAIRCOLOR FIXES _____
ONLINE HELP FOR NEW MOMS _____
_____ A BETTER DIVORCE

Get Serious About the Sun

Parents who've seen the impact of skipping on sun protection share advice that will alter your mindset, and maybe even your life. →

by **KATE SANDOVAL BOX**
photograph by
THAYER ALLYSON GOWDY



Celine Mactaggart

This mom of three in Piedmont, California, is the founder of @ShineSafe, a nonprofit social platform dedicated to increasing skin-cancer awareness.

- Her family's story:** "My husband was sitting next to a doctor on a plane, and she noticed a mole on the white of his eye. Turns out, it was an invasive conjunctival melanoma. He had three eye surgeries to have it removed—one was when my kids were just 7 weeks old and 18 months old. I had been fairly mindful about sun protection as an adult, but this was a turning point. Sun safety became nonnegotiable for our entire family."
- The daily sun-care routine:** "If I expect my kids to put on sunscreen every day, I have to do the same—no matter the season or the weather. Every morning in our house, I say in one breath: 'Did you do your teeth and sunscreen?' My

go-to is a mineral SPF 30. Then we keep hats and sunglasses in our closet by the back door with our shoes so it's easy to grab those things as we head out. My children started wearing wraparound sunglasses at 3 months old, and I wear 100 percent UV-blocking lenses."

- Her most important skin-care step:** "I check my body for new or changing moles or growths all the time. My dermatologist has removed and biopsied some things, and, thankfully, I have been okay. I examine my husband and kids regularly too. I know firsthand that skin cancer is something you'll survive if you catch it early enough. If not, it can be deadly. I'll never regret taking good care of my skin."

Kim Nichols, M.D.

Dr. Nichols, a dermatologist in Greenwich, Connecticut, and spokesperson for The Skin Cancer Foundation, has a routine to keep herself and her three kids sun safe.



- Why she's the last to leave home:** "I cover my kids in sunscreen before I coat myself—I think all moms can relate to that! Children, including mine, don't have a lot of patience for thorough sunscreen applications, so my first priority is getting any form of it onto them, whether it's a spray, a cream, or a stick."
- When she's outside for the day:** "I reapply my sunscreen every two hours. A mineral powder makes this so easy to do. I also wear a wide-brimmed hat, oversize sunglasses, clothing with UPF, and lip balm with SPF. Plus, I seek shade as much as possible or use an umbrella to create my own."
- There's something else she applies routinely:** "Before sunscreen, I put on an antioxidant serum. This helps neutralize the free radicals that come from UV light, pollution, and the visible light from our phone, computer, and TV screens. Those free radicals damage and age our skin cells."

"For an antioxidant serum, I like SkinCeuticals C E Ferulic." \$166; dermstore.com Parents' pick: La Roche-Posay Vitamin C Serum 10%. \$40; drugstores



Babo Botanicals Clear Zinc Sunscreen SPF 30 is mineral-based and nongreasy. \$20; babobotanicals.com



J.Crew Cabana Oversized Sunglasses are cute yet offer 100 percent UV protection. \$65; jcrew.com



"The whole family uses ThinkSport for Kids Sunscreen SPF 30 on outdoor adventures." \$9; amazon.com



"In my car, I always have baseball caps for errands and wide-brimmed hats for the pool or the beach." Coolibar COMPACT IN A SNAP! Audrey Ribbon Bucket Hat UPF 50+. \$39; coolibar.com

The zinc-oxide, fragrance-free, and oil-free formula Elta MD Skincare UV Clear Broad-Spectrum SPF 46 is ideal for sensitive skin. \$36; dermstore.com



Glo Moisturizing Tint SPF 30+ comes in four shades, so it blends into a range of skin tones easily. \$46; gloskinbeauty.com





Michele Modestin

The Panamanian mom of two who now lives in New York City is proof that skin cancer doesn't discriminate by skin color.

● **The appointment that changed everything:** "For six months, I had two weird dark-brown lines in my fingernail. I showed them to my podiatrist, who told me to see my dermatologist as soon as possible. What I didn't know then is that black people are uniquely susceptible to a type of melanoma called acral lentiginous melanoma (ALM), which shows up on our palms, our nails, and the soles of our feet. My dermatologist biopsied the nail, and that's what I had."

● **The lesson she learned from Bob Marley:** "Two days after my diagnosis, I saw an oncologist, who suggested that the best course of action would be to have a portion of my finger amputated. Bob Marley had had the same type of skin cancer under his toenail, didn't amputate the toe, and then died—that's all I needed to know to say yes to surgery a few weeks later. In that short time, the melanoma had already grown more. If I'd waited much longer, I wouldn't be here."

● **How she protects herself now:** "I still love the outdoors, but these days I put sunscreen all over my body and face. If my kids see me sitting in the sun, they say, 'Mom, you can't do that!'"
Editor's note: Health experts say ALM may not be associated with sun exposure but that any melanoma diagnosis calls for vigilant sun protection.

The weightless texture of Olay Regenerist Whip SPF 40 ensures no sticky residue. \$30; drugstores



Reach for Neutrogena Ultra Sheer Face Mist Sunscreen SPF 55 when it's time to reapply. \$13; drugstores

Sun Bum Mineral Continuous Sunscreen Spray SPF 50 makes daily application easy. To avoid skipping areas, mist close enough to wet your skin evenly, or use your palm to blend. \$18; ulta.com



Elizabeth Hale, M.D., and Julie Karen, M.D.

Sisters and dermatologists in New York City, these active moms have six kids between them.

● **What day-to-day sun protection looks like:** "We apply an antioxidant serum followed by a broad-spectrum sunscreen with an SPF of at least 30; we especially like zinc-based formulas. To ensure that we stay covered, we reapply sunscreen throughout the day and stay in the shade whenever possible."

● **Their outdoor MO:** "We grew up playing sports, we watch our kids from the sidelines as they play, and we love to run outdoors. None of us need to sacrifice these enjoyable and healthy activities. We just need to be smart about protecting our skin while we do them. Applying one coat of sunscreen when spending the day outside is not

nearly enough. We wear running hats, sunglasses, and water-resistant sunscreen that has an SPF of at least 50. We are also huge fans of rash guards for adults and kids. They offer great protection and cut out the need to reapply sunscreen to the skin that they cover."

● **The product they won't leave home without:** "Mineral-sunscreen powder! It comes with a built-in brush that makes it so easy to use when we need to reapply sunscreen. Our daughters, especially, don't mind using sunscreen powder because it looks like makeup."

● **It's not just about skin cancer for them:** "The data is undeniable. Sunscreen not only protects you from cancer, it also helps keep your skin even-toned and healthy. That motivates us a lot!"



"Colorescience Sunforgettable Total Protection Brush-On Shield SPF 50 is one of our faves." \$65; colorescience.com



"We opt for sun-protective clothing because it models good habits for our kids." Mott50 Estela Long-Sleeve Cropped Rash Guard. \$68; mott50.com



Coppertone Sport Clear Sunscreen SPF 50 feels great on sweaty skin. \$8; drugstores

"An excellent active-day pick: ISDIN Eryfotona Actinica Ultralight Emulsion SPF 50+." \$55; isdin.com

