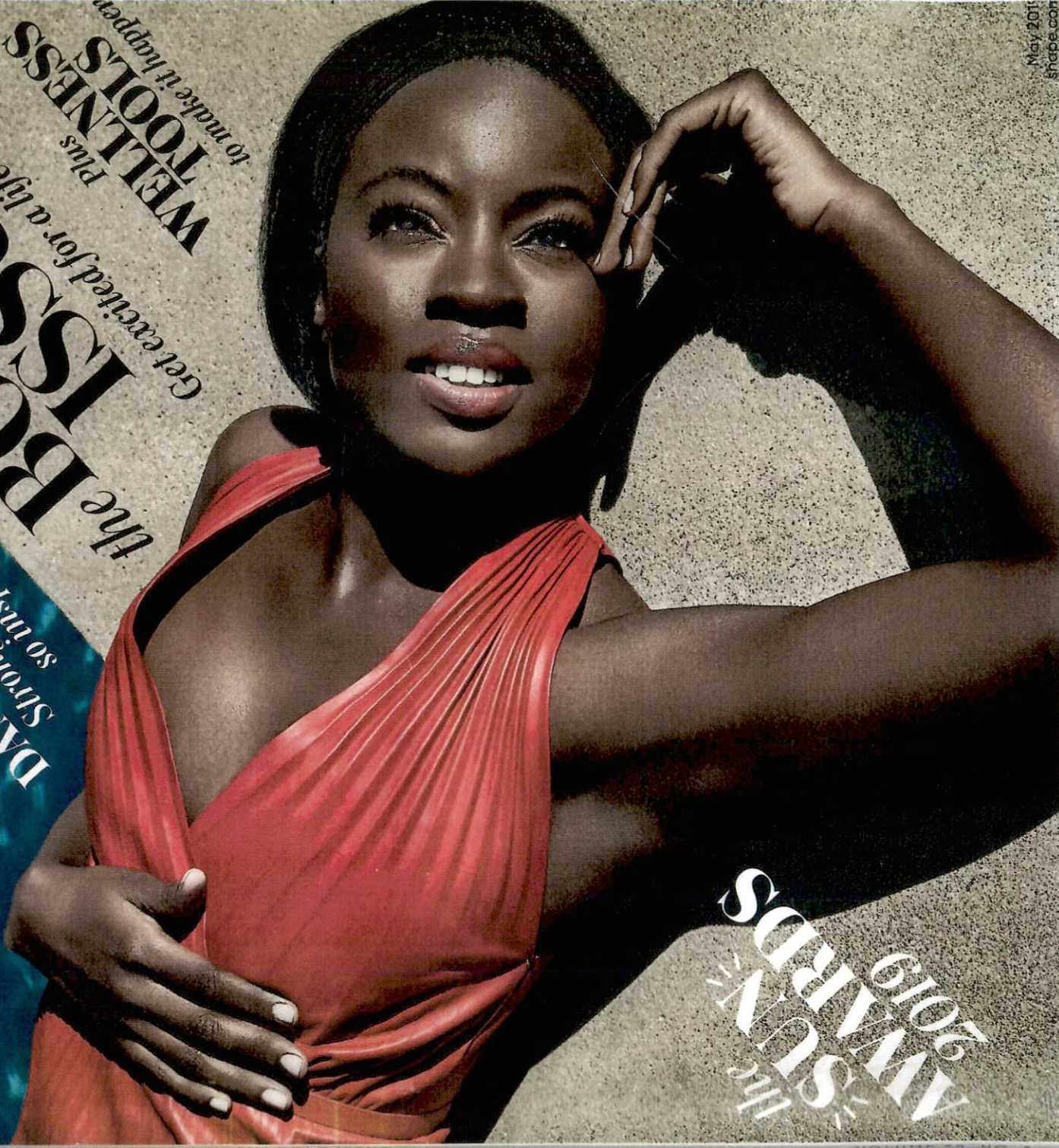


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SKIN SMART

the NEW MOVES

It starts with sunscreen (and we have some great options for you). Then a big hat. Extra points for UPF clothing. What else can you do to safeguard your skin? A lot.
By Victoria Kirby

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cores!

Face

1. Elta MD UV Clear Broad-Spectrum SPF 46 (\$33, elta.com) has reached cult status among dermatologists and the acne prone.

2. Our physical sunscreen go-to: **La Roche-Posay Anthelios 50 Gentle Mineral Sunscreen Lotion** (\$23, laroche-posay.us).

3. The most sensitive skinned among us approved of **Aveeno Positively Mineral Sensitive Skin Sunscreen SPF 50 for Face** (\$11, drugstores).

4. Hate the feel of sunscreen on your face? **Olay Sun SPF 35 + Makeup Primer** (\$20, drugstores) is a game changer.

5. Burt's Bees All-Weather Moisturizing SPF 15 Lip Balm (\$4, burtsbees.com) glides so nicely, you'll never forget your lips.

6. Perricone MD No Makeup Foundation Serum Broad Spectrum SPF 20 (\$60, perriconemd.com) is everything you want—tint, sunscreen, antiager—in one.

7. The reapplication solution has arrived: **Shiseido Sports Hydro BB Compact** (\$30, shiseido.com).

8. L'Oréal Paris Revitalift Bright Reveal Day Moisturizer SPF 30 (\$20, drugstores) hydrates and boosts radiance as it protects skin.

In the sun-protection constitution, we hold these truths to be self-evident: that everyone should wear broad-spectrum sunscreen on their face, neck, chest, and hands every day; that you need to reapply it every two hours when outdoors; and that whatever you do to shield your skin from direct sunlight is a good thing. These principles are common knowledge—as is the startling stat that UV exposure is linked to about 90 percent of skin cancer cases and nearly every form of skin aging. We go for a run sheathed in SPF 50, a wide-brimmed hat firmly in place, charting a path in the shade, confident that we're taking every precaution to guard ourselves from the sun.

Turns out, that's just the half of it. While experts say we've come a long way since the days when SPF 8 was considered adequate, they stress that staying healthy and smooth-skinned is about more than just diligent sunscreen use. Of note: The FDA announced that it is reviewing the safety and efficacy of chemical UV filters in sunscreen. "For now, I recommend mineral sunscreen, which the FDA has already cleared. I also tell my patients that SPF is only one piece of the sun-safety puzzle," says *Shape* Brain Trust member Mona Gohara, M.D., a dermatologist in New Haven, Connecticut, and an associate clinical professor of dermatology at Yale University. "We need a 360-degree strategy that takes into account what we put into our body, our lifestyle, and all forms of light exposure." Science also has a better understanding of how light-induced skin damage occurs—and more important, how to halt it. Here are four simple strategies to maximize your efforts.

Eat your protection

Obviously we're not suggesting that you drizzle sunscreen on your salad. We're talking about foods and supplements that may lower your chances of developing skin cancer. "We know that sun exposure damages DNA, which can lead to skin aging and skin cancer—but sunscreen can't repair DNA," says Beverly Hills dermatologist Ronald Moy, M.D., a senior vice president of the Skin Cancer Foundation. One supplement, however, may. A double-blind study published in the *New England Journal of Medicine* found that taking a 500-milligram supplement of a form of vitamin B₃ (niacin) called niacinamide twice a day reduced the risk of nonmelanoma skin cancers by 23 percent. "I tell patients it's the number-

one supplement they should be taking," Dr. Moy says. "We have DNA-repair enzymes naturally in our body, but they start diminishing after age 30. Niacin helps boost them back up." Dr. Gohara agrees that certain supplements can increase your body's defense against UV damage. She recommends Heliocare, an all-natural supplement featuring a fern extract called *Polypodium leucotomos*. "It's been around for 15 years and has strong independent clinical studies to back up its claims," she says.

Track your exposure

If seeing is believing, experts hope new devices that show us just how much UV exposure we're getting and how it's affecting our skin will lead to better behavior. "Ideally, UV trackers will do for sun awareness what the Fitbit did for exercise, opening people's eyes to how much they actually get and motivating them to do better," says *Shape* Brain Trust member Elizabeth K. Hale, M.D., a dermatologist and a clinical associate profes-

One-third of melanomas arise on the head and neck.

—the Skin Cancer Foundation

sor of dermatology at NYU Langone Medical Center. La Roche-Posay My Skin Track UV is a \$60 mini sensor (available at laroche-posay.us) that clips to your clothing or purse. It measures the amount of UV you're getting and feeds that info to an app, which then alerts you when you're reaching unsafe levels of exposure. "It makes you realize that little things, like lowering your office shade, can have a real impact on your daily exposure level," Dr. Hale says.

Another new device, Neutrogena's Skin360 scanner (\$60, skin360app.com), takes high-resolution images of your complexion, sends them to the brand's 360 app, then offers a detailed skin analysis, advice on how to improve your skin, and progress reports via the scanner. "It's not a substitute for an evaluation by a board-certified dermatologist, but if it makes you more aware of the damage you're incurring, it may make you more mindful of the sun," Dr. Hale says.

Stay safe behind the wheel

For all the sun precautions that outdoorsy women like us take, we don't usually think about them as we drive, but we should. Research published in *JAMA Ophthalmology* shows that while

the average percentage of front-windshield UVA blockage is 96 percent, side windows block far less. This may be why over half of all skin cancers in the U.S. occur on the left, or driver's, side of the body, according to a 2018 study published in the *Journal of the American Academy of Dermatology*. For melanomas that have not spread from their original tumor site, that spikes to 74 percent appearing on the left side of the body. "I also see a lot of squamous cell carcinomas on the left side of the face and the left arm," Dr. Hale says. "Squamous cell is the second most common skin cancer and the one most correlated to chronic sun exposure. While it's not as serious as melanoma, it can metastasize if left untreated." Swipe sunscreen on your hands and exposed arms before you hit the road. For your face, neck, and ears, dust on a powder sunscreen like Supergoop 100% Mineral Invisible Setting Powder (\$30, supergoop.com). It layers over makeup easily.

Beat the blues

We try to stay out of the sun from 10 a.m. to 3 p.m., right? Well, there's another type of light we may want to dodge—only this one surrounds us day and night, outdoors and indoors. Blue light (aka high-energy visible light, or HEV) emits from the screens on smartphones, tablets, computers, and LED TVs, as well as from fluorescent and LED lighting.

"Blue light rays are longer than UVA and UVB rays, so they're potentially going even deeper into the skin," Dr. Hale says. "But we don't know yet whether they can contribute to skin cancers." Early research indicates that HEV light can make melasma—patches of darker skin on the face—worse. "If you're prone to melasma or uneven pigmentation, use sunscreens that contain zinc oxide or titanium dioxide," Dr. Gohara says. "These physical sunscreens block some blue light from penetrating skin, as well as UV." That's a worthwhile bonus. ■



<Body

1. Reapplying sunscreen is downright refreshing when you use cooling (and clear) **Coppertone Sport Clear SPF 50** (\$11, drugstores).
2. **Banana Boat Simply Protect Sensitive Sunscreen Lotion SPF 50+** (\$8, drugstores) is hypoallergenic and free of oils and fragrances, so it's ideal for skin that's easily inflamed.
3. When you need wet-resistant protection (intense sun, water sports), reach for **Neutrogena Beach Defense Water + Sun Sunscreen Spray Broad Spectrum SPF 100** (\$12, drugstores).
4. A classic we won't quit: **Jergens Natural Glow + Protect Daily Moisturizer Sunscreen SPF 20** (\$9, drugstores) offers a golden glow plus sun protection.
5. **Hawaiian Tropic Silk Hydration Weightless C-Spray** (\$9, drugstores) comes in SPF 50 and hydrates skin, yet it feels like nothing.
6. A physical sunscreen, **Australian Gold Botanical Sunscreen Mineral Lotion** (\$17, ulta.com) offers a matte finish and citrusy scent.