

Skin Health

Olympian
Summer Sanders
discusses how her
life changed after a
skin cancer diagnosis.



DISCOVER
4 easy ways you
can protect your
skin from harmful
rays this summer.

BROWSE
more stories
online, including
how common
issues like eczema
can be more than
just an itch.



Amy Nicolo,
President and COO,
Speer Laboratories, LLC

Keep a Holistic Approach in Mind
When Assessing Skin Health

We asked a skin-care expert what to look out for when buying skin-health products.

What are the most important things to look for in skin- and wound-care products?

Most skin-care products focus exclusively on the ingredient story but neglect to address the importance of the delivery method. If the beneficial ingredients cannot penetrate the stratum corneum (outermost layer of the skin), they are not effective. Whenever we develop a product, the challenge is always finding the safest and the most effective means to deliver the ingredients.

Are there ingredients to avoid when considering a skin-care product?

I recommend avoiding products containing synthetic fragrances, petrochemicals and chemical sunscreens. There is enough evidence to suggest that repetitive topical exposure to these ingredients can have long-term negative effects on our health. Look for products with clean labels and read through the list of ingredients on the packaging before you buy.

What are the most common serious skin-care concerns?

Acne and bacterial/fungal infections are very common. Many infections proliferate in the body due to inflammation and a taxed immune system. While it's important to treat the symptoms of infection, it is critical to address the underlying cause - as the skin is often representative of your overall health.

What will be the next big breakthrough in skin care?

There is a shift towards a more holistic approach to health in the medical community, and this momentum is surfacing in skin health. A consistent, quality skin-care regimen is important; however, diet, immune health, lifestyle, sleep, reducing stress and maintaining mental wellness and happiness are equally important. While many trending ingredients will come and go, your overall well-being will always be a critical factor in the health and appearance of your skin.

The Statistics, Causes and Cures Behind Skin Cancer

Increasing rates of skin cancer can be addressed with preventative behaviors, early detection and prompt treatment.

Many people neglect to pay sufficient attention to their skin. This is reflected with more skin cancer diagnoses each year in the United States than all other cancers combined.

By the numbers

One in five Americans will develop skin cancer in their lifetime. An equal opportunity cancer, it can affect people of any race, gender or age. The American Society for Dermatologic Surgery (ASDS) Survey on Dermatologic Procedures revealed that its physician members performed over 3.5 million skin cancer treatments in 2017. The rate of melanoma, the deadliest form, has increased 30 percent in the last six years. In fact, one person dies of melanoma every hour.

The good news is that when detected early, skin cancer has an almost 100 percent survival rate. Research shows that most skin cancers are found by the affected individual. When people regularly check their skin for suspicious moles or lesions, they can literally save their own lives.

Root cause

Overexposure to the sun's rays damages skin cells. Limit exposure and avoid getting sunburns, as one blistering burn can increase the risk of developing skin cancer. Ultraviolet (UV) exposure doesn't just happen on a day



Lisa M. Donofrio, M.D.,
President, American Society for
Dermatologic Surgery

"When detected early, skin cancer has an almost 100 percent survival rate... most skin cancers are found by the affected individual."

at the beach. Daily activities, like walking the dog and driving to work, all increase UV exposure.

Behavior changes

There are several, easy things one can do to limit their exposure to harmful rays.

Minimize time in the sun, especially between 10 a.m. and 2 p.m. when the sun's rays are the strongest. Wear sun-protective clothing like sunglasses, wide-brimmed hats and long sleeves. Wear sunscreen daily, even if it's cloudy. Avoid tanning beds. Perform monthly self-exams and have any changing skin lesions examined by a board-certified dermatologist. Schedule an annual dermatology appointment. Educate children on the importance of proper sun protection by supporting SUNucate legislation allowing the use of sunscreen at schools and camps.

Treatment options

There are multiple ways to treat various types of skin cancer, including freezing, scraping and burning, laser treatment and surgical removal. Mohs surgery involves surgically removing skin cancer layer by layer, carefully examining the tissue under a microscope until all cancerous tissue is removed. All of these methods require surgical expertise.

Choose skin health

Skin cancer is a serious diagnosis and can be deadly. However, choosing skin health with sun-safe behaviors and early treatment can lead to successful outcomes. ■



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to **skin cancer,**
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How You Can Prevent and Manage Skin Cancer

PREVENTION & TREATMENT Barry Leshin, M.D., FACMS, president of American College of Mohs Surgery and Lisa M. Donofrio, M.D., president of the American Society for Dermatologic Surgery provide some simple tips on how people can prevent skin cancer.



Barry Leshin, M.D., FACMS
President, American College of Mohs Surgery



Lisa M. Donofrio, M.D.
President, American Society for Dermatologic Surgery

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How often should one get a full-body exam by a dermatologist?

Barry Leshin: A complete skin exam should be performed by a dermatologist annually. It's quite easy to remember: get your birthday suit examined on your birthday. For individuals with a history of skin cancer, and especially for those with a

Lisa Donofrio: In general, all adults should have a yearly skin exam by a board-certified dermatologist. As skin experts, medically trained dermatologists can diagnose and treat disorders that affect the skin, hair, nails – including skin cancer. All skin types, ethnicities and genders are at risk. Seeing a dermatologist annually can assist in documenting changes in the skin. The earlier skin cancer is found, the easier and typically more successful the outcome.

What does a full-body exam entail?

BL: A full body exam is just that. All skin, including areas that are double covered, is examined thoroughly. While many patients are hesitant about such an examination, it can save your life.

LD: A screening is a visual inspection of the skin's moles, freckles, lesions, growths, discolorations or any other skin abnormalities. There is nothing invasive, and no blood is drawn. Prior to the exam, the dermatologist will ask if you have any concerns or to point out any spots or changes in the skin. Patients are asked to undress so the entire body can be carefully checked. In addition to main areas of the skin, the exam will likely include scalp, mouth, ears, eyes, fingers and toes. The physician will review the skin and take notes for patient history records.

How can one closely monitor their own moles/marks?

BL: With the aid of mirrors and appropriate guidance by a dermatologist, an individual can do a thorough self-examination. However, a significant other can be an invaluable partner in this endeavor. For high-risk individuals, such as those with a history of melanoma or numerous moles, consideration of total body photography with stored images may be optimal. Your dermatologist can guide you accordingly.

LD: Monthly self-exams could save one's life. Tools needed: A well-lit room, full-length and handheld mirrors. Visually inspect the skin for anything that looks out of the ordinary. Become familiar with birthmarks, moles or spots in order to notice if they are changing. Follow the ABCDE's: asymmetry, border irregularity, color, diameter (greater than 6 millimeters) and evolving. Anything that is changing, itches or bleeds should be reviewed by a board-certified dermatologist. To help perform effective self-exams, ASDS offers [free self-exam kits](#) for download.



What the Experts Have to Say About Keeping Your Skin Safe

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What You Might Not Know About Skin Cancer and Radiation Therapy

The vast majority of all skin cancers — around 98 percent — fall into the non-melanoma category, most commonly basal cell and squamous cell carcinomas.

What is one piece of advice you can give to someone who was just diagnosed with skin cancer?

BL: Explore treatment options with a board-certified dermatologist. Once your skin cancer has been treated, be mindful of future sun exposure. Use broad spectrum sunscreen (reapplying every two hours when outside), wear sun-protective clothing, and avoid intense sun exposure between 10 am and 3 pm. By all means, avoid tanning beds. See your dermatologist for regular skin examination, and be aware of new or changing skin lesions.

LD: Skin cancer can be treatable, especially with early detection. The best advice is to have open communication with one's dermatologist. Understand the type and stage of the cancer. Not all cancers are the same nor are they treated the same. Discuss the treatment options and together determine the best course of action. And finally, practice sun-safe behaviors, such as wearing sunscreen and sun-protective clothing, to help avoid recurrence.

Skin Health

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The Statistics, Causes and Cures Behind Skin Cancer

EDUCATION & RESEARCH Increasing skin cancer rates can be addressed with preventative behaviors, early detection and prompt treatment.

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Releasing the Brakes on the Body's Response to Melanoma

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