

1. WHAT ARE THE TOP THREE RULES FOR SUNNING SAFELY?

You can protect yourself by staying out of the sun when it is strongest, using sunscreen with an SPF of 30 to 50 and wearing protective clothing. Remember, all skin types are prone to sun damage.

2. DO YOU RECOMMEND SUNSCREEN OR SUN BLOCK?

Sun block provides a physical barrier whereas sunscreen absorbs sun rays chemically. Consider using a physical barrier sun block, such as zinc oxide or titanium dioxide, and avoid sunscreen sprays.

3. SHOULD I BE CONCERNED IF I HAVE HAD MORE THAN ONE BAD SUNBURN IN MY LIFE?

Sunlight is a major cause of skin aging and skin cancer. Most people with a history of repeated sunburns develop various types of skin cancer. It is important to see a dermatologist after a sunburn. At the Texas Institute of Dermatology, we offer the latest treatment options for skin aging and skin cancer. We evaluate the pigmented lesions that appear as a result of sun damage and suggest their removal if necessary.

4. WHAT ARE THE DANGER SIGNS OF A PIGMENTED LESION?

Check for A, B, C, D and E. **Asymmetry:** One half does not match the other. **Border:** The edges are irregular, ragged, notched or blurred. **Color:** The color is not the same all over and may include shades of brown or black. **Diameter:** The spot is larger than 6 millimeters across (about the size of a pencil eraser) or is growing larger. **Evolving:** The dark spot is changing in any way. More information at txid.org.



Summer Skin Care Q&A

Sunning safely can be tricky. Taking some easy but critical precautions are key to keeping skin healthy. Just a few unprotected summers can leave a lifetime of damage. Reza F. Ghohestani, M.D., Ph.D., director of the Texas Institute of Dermatology, Laser and Cosmetics in San Antonio, answers our five burning questions.

5. I HAVE BEEN EXPOSED TO SUN AND NOW HAVE WRINKLES AND PHOTO-DAMAGED SPOTS ON MY FACE, NECK AND HANDS. WHAT CAN I DO?

Fractional CO2 laser is one of the best permanent options for sun-damaged skin. Following the laser procedure, the skin stem cells are activated to produce new collagen formation deep in the skin as well as regenerate the epithelial layer on the surface. Thus, a good laser resurfacing can provide skin a younger look. Laser resurfacing

makes it possible to remove a lifetime of sun damage and blemishes. Healthy skin and a more youthful appearance can be restored in a safe comfortable office procedure.

Dr. Ghohestani specializes in dermatology, dermatologic surgery and aesthetics, with more than 100 published articles, and is a former chief of the Dermatology Program at the UT Health Sciences Center—San Antonio.

“COOL” FIND

We used to think the only cure for scorching summer heat was to stand in front of the air-conditioner or pray for a stiff breeze. A group of San Antonio friends has put the freeze on that notion, with an invention that does as its name implies: Cool Off. Infused with natural cooling herbs, essential oils and botanicals, the freshly scented premoistened towelettes provide relief from the heat. Creators Deb Bolner Prost, Beverly Bolner, Dawn Gwin and Linda Caldwell are self-described outdoor enthusiasts who struggled to keep cool—a defining quality that inspired the line that launched in Texas this spring. “Necessity was the mother of invention,” says Prost, who credits the idea to standing on the sidelines of her daughter’s soccer games for two years—“when it was 110 in the shade”—and the onset of hot flashes. “I couldn’t find anything natural and organic to keep me cool.” The towelettes, which eliminate the mess of wet towels and the inconvenience of ice, contain about 15 plant and herb products. “I started as a kitchen chemist, trying to mix this up,” Prost says. The resulting formula, named Citrus Ice, was matched with a non-woven fiber and put through consumer testing before it was offered at distributors such as H-E-B, Tetco and CVS.com. Four-count packs sell for about \$2, 12-count for \$5 and singles for about 50 cents. Apply to the skin for a quick cool down. For more information, visit thequickchill.com.

—Elaine Bigge

KEY INGREDIENTS:

- ALOE VERA:** Topical first aid
- ARNICA:** Soothes muscular ligaments and cramping
- SEAWEED:** Multicellular plant alleviates aches and pains
- CHAMOMILE FLOWER:** Soothing
- LEMON PEEL:** Cooling and an antiseptic
- TEA TREE OIL:** Cooling

