

SUN-SAFE SKIN-TERVENTIONS

■ Meet Violet, Kerri, Rori and Deearne. They all live in sun-soaked Florida, where they also practice lifestyles that boost their risk for skin cancer. FITNESS enlisted Boca Raton dermatologist Brent Schillinger, M.D., a spokesperson for the Skin Cancer Foundation, to evaluate their skin. His advice could help you, too. *By Dina Roth Port*



The Golfer

Violet Diaz, 39,
Boca Raton, Florida

SUPER RISK FACTOR "I play golf twice a week, but I wear sunscreen only when it's really bright out."
HER EXCUSE "How much damage can the sun do when it's cloudy? Plus, I have dark skin."

SKIN
GRADE

C

THE DOC'S TAKE "Violet has brown spots on her face that can develop into cancer. She also has two new moles on her legs, one of which recently changed color and size," Dr. Schillinger says.
FIX-IT PLAN Sunny or not, Violet needs to apply SPF 30 with UVA and UVB protection to her face and body. She should also check her nails, soles and palms during monthly skin exams, because people with darker skin are more likely to develop melanoma there. "And most important, she needs to get her moles checked and biopsied ASAP," Dr. Schillinger says.



The Surfer

Kerri Smith, 37,
Boynton Beach, Florida

SUPER RISK FACTOR "I put SPF 40 on my face, but not on my body. It makes me slip off my board."
HER EXCUSE "I'm not as worried about burning my legs because they're often in the water."

SKIN
GRADE

D

THE DOC'S TAKE "Kerri has wrinkles around her eyes and crepe paper-like skin on her chest. She also has a few rough patches on her face that may develop into precancerous growths."
FIX-IT PLAN Since water intensifies the sun's rays, Kerri needs to apply gel-based water-resistant sunscreen an hour before hitting the waves to eliminate slick residue. "Wearing a long-sleeved swim shirt and board shorts that offer UV protection are also a must," Dr. Schillinger says.



The Pool Lover

Rori Clark, 42,
Parkland, Florida

SUPER RISK FACTOR "I'd spend every day at the pool and the beach if I could. Having a tan makes me feel and look good."

HER EXCUSE "I don't burn easily, and I always wear sunglasses."

SKIN
GRADE

B-

If I'm out for more than an hour, I put SPF 30 on my face and 15 on my body."

THE DOC'S TAKE "Rori has sun-induced aging around her eyes, but her real concern should be her moles—she has dozens of them," Dr. Schillinger says. "Sun exposure speeds up their growth, which can lead to cancer."
FIX-IT PLAN When out for more than 20 minutes, especially between 10 a.m. and 4 p.m., Rori should use SPF 30 with UVA and UVB protection on her face *and* body. "It's a myth that your face needs more protection than the rest of you. One of the most common spots for melanoma in women is the backs of the legs," Dr. Schillinger says. Rori should also have an optical store make sure the lenses of her sunglasses have UV filters.



The Runner

Deearne Gabriel, 27,
Boca Raton, Florida

SUPER RISK FACTOR "I hate wearing a hat or sunscreen when I run or swim. It's distracting."

HER EXCUSE "I'm in denial. I don't believe anything will happen to me."

SKIN
GRADE

F

THE DOC'S TAKE "Deearne has actinic keratoses, which are sandpaper-like precancerous growths, on her forehead," Dr. Schillinger says. "Parts of her face have so much damage that they can't hold pigment anymore, and she already has fine lines and wrinkles around her eyes."
FIX-IT PLAN "Deearne, like everyone, should wear a sunscreen that protects against UVA and UVB rays, and reapply it often," Dr. Schillinger says. Wearing a hat that shields her face and neck when she runs would be a smart move too. "Finally, Deearne needs to see a dermatologist at least once a year, starting now. And if she notices any new growths or other changes to her skin, she needs to go again."