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Skin Cancer

What you need to know to protect your skin
Lambeth Hochwald



New ways to save your skin

Pop a pill Heliocare, an OTC herbal supplement, contains antioxidants that help prevent sun damage. You'll still need topical sunscreen, but if you burn easily or have a history of melanoma, give it a try for extra protection, says Albert Lefkowitz, MD, associate clinical professor of dermatology at Mount Sinai School of Medicine in **New York City**, who also recommends drinking tea for its antioxidants. Wear the right clothes A plain white T-shirt has an SPF of 8; a sun-protective shirt can have the equivalent of SPF 30 or more. Coolibar and Columbia Sportswear make UV-protective clothes that the **Skin Cancer** Foundation recommends for the sun-sensitive. Remember to apply sunscreen to the parts of your body that aren't covered.

What to look for in a sunscreen

It should have an SPF of at least 15 and protect against UVA and UVB rays, since each can damage your skin, says Heather Woolery-Lloyd, MD, assistant professor of dermatology at the University of Miami Miller School of Medicine. SPF only refers to UVB protection, but the FDA may soon require companies to use a star-rating system that addresses UVA protection. For now, look for "broad spectrum" or "UVA protection" on the bottle. You may also want to pick a sunblock with Helioplex (found in some Neutrogena products) or Mexoryl (found in some La Roche-Posay, L'Oréal and Kiehl's products). These are longer-lasting than other sunblocks, though you should still apply them every two to three hours.

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