

the skinny on skin

How well do you know the largest organ of the human body? Boca-based dermatologists **Marta Rendon** and **Chere Lucas Anthony** shed light on skin issues.

MIRACLE LOTIONS?

The promise of younger-looking skin certainly sells, but the truth is that there's no magical cream or lotion. "Lotions and potions will not give you a face-lift or remove wrinkles," Rendon says. "At best, they can improve some fine lines and improve the quality of your skin. However, skin-care products are very important for a youthful glow, and they can improve texture and tone of the skin."

SECRETS OF YOUTH

Preserving young-looking

skin starts with sun protection. "The sun damages our collagen and elastin, and leads to freckles, brown spots, wrinkling and obvious blood vessels, not to mention skin cancer," Lucas Anthony says.

TIP: To protect your skin from visible sun damage, try topical vitamin C or a daily supplement of Polypodium leucotomos—a type of fern, shown in some studies to reduce sunburn severity. To reverse that sun-damaged look, try a retinoid, a derivative of vitamin A, usually in topical form.

FAIR WARNING

The great thing about skin is that it shows us when it's threatened by disease. What are warning signs? Anything that changes, Lucas Anthony says. If a mole or spot changes in color, shape or texture—or if it begins to bleed—see a dermatologist. "Flat moles can be just as concerning as raised moles," she says. "Also, things that are red, scaly and do not go away within three to four weeks should be seen."

5 BIG BREAKTHROUGHS

Research is pointing to these breakthroughs in skin care and rejuvenation, according to Rendon: retinoids; antioxidants (including vitamin C, red or green tea, etc.); alpha hydroxy acids; peptides and growth factors (to reverse sun damage); and hyaluronic acid (to plump the skin).



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Look for full spectrum UVA and UVB coverage when outside; active ingredients are zinc oxide or titanium dioxide, Rendon says. According to the American Academy of Dermatology, apply a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30 to all exposed skin.

DID YOU KNOW?

- Skin cancer is the most common form of cancer in the United States.
- Each year there are more new cases of skin cancer than the combined incidents of cancers of the breast, prostate, lung and colon.
- One in five Americans will develop skin cancer in the course of a lifetime.



From left: Rendon and Lucas Anthony

MEET THE DOCTORS

MARTA RENDON: The internationally renowned dermatologist is founder of the Rendon Center for Dermatology and Aesthetic Medicine.
CHERE LUCAS ANTHONY: The Dartmouth grad is board certified in dermatology and a member of the Rendon Center team.
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