

## Health

**KEEP YOUR SHIRT ON – HOW TO AVOID OVER-HEATING THIS SUMMER**  
Long sleeves if you please!

That is the message being given out by dermatologists as the summer approaches and the numbers of people with skin cancer continues to increase.

"High factor sun creams are all well and good but there are times when you really need to cover up – and that means putting a layer of clothing between you and the sunshine," said Dr Joanna Gach, a Consultant Dermatologist at Spire Parkway Hospital in Solihull.

"It is advice we always give to parents to protect their children but, at times, adults should also be doing the same thing. Even good sun cream loses its protection power after a while whereas a light, long-sleeved tee shirt and pair of cotton trousers will keep you cool and safe all day long.

"I know everyone thinks they look 'healthier' with a tan but looks can be deceiving," said Dr Gach. "Every year we put out the warnings but every year the skin cancer rates continue to rise."

Dr Gach's warnings are supported by Dr Irshad Zaki, a consultant dermatologist who specialises in skin cancer treatment at Spire Parkway Hospital.

"If you are out in the sun your skin is in danger and it doesn't have to be a 'scorcher' for you to need protection," he said. "People do tend to reach for the sun cream when there are clear blue skies but there is almost as much

danger when there is cloud cover. Clouds reduce the amount of ultraviolet A and B radiation that reaches the earth's surface and our skin, but don't stop the damaging rays."

"They actually block more visible light than ultraviolet radiation," he explained. Also, be careful of a breezy day which might make us feel cooler, but the ultraviolet radiation is still there.

Government figures show that skin cancer is the most common form of cancer in the UK and rates continue to rise. There are over 200,000 cases of skin cancer per year. Malignant melanoma, one of the most dangerous forms of skin cancer results in over 2500 deaths every year.

"There is no harm in enjoying a bit of sun but it is always better to be safe than sorry. My advice would be that if you are outdoors in summer take care. Just because you can't feel the burn doesn't mean you aren't burning!"

**KEEPING YOUR KIDS OUT OF DANGER THIS SUMMER**

Holidays in the sun can be a testing time for parents as they have to judge how long to let their children play out in the sun.

Dr Joanna Gach is a Consultant Dermatologist at Spire Parkway Hospital in Solihull. Here she provides ten top tips on how to keep your children safe in the sun.

1. Children are better protected from the sun's harmful rays by wearing long-sleeved clothes (trousers, long skirts, long-sleeved tops) made of closely woven material.

Natural fibres such as cotton are best, as the material breaths easily and keeps children cool.

2. Always make sure children wear a hat, preferably with a broad-brim to protect the ears and back of the neck as well.

3. Use sunscreen with Sun Protection Factor (SPF) of at least 30. The higher is the SPF of a sunscreen the longer the time before the skin suffers sunburn with sun exposure.

4. Plaster it on and keep topping it up! When sunscreens are tested in a controlled laboratory environment, they are applied very generously – to an extent where the skin is white because of the amount of the sunscreen used.

When your child is playing in the sun some will rub off, some will be washed away by sweat and, of course, much will be lost if they do go in the water. Therefore, it is important to reapply sunscreen regularly to their skin.

5. Sunscreens should be reapplied to all sun exposed areas of skin every two or three hours and more frequently if children are swimming or playing in water. Ideally, even so-called water-resistant sun creams and lotion should be reapplied regularly.

6. Children's skin is thinner and more delicate and therefore it can be penetrated by chemicals more easily. Sunscreens specifically designed for children are the best for your child's skin.

7. Use long trunks and long-sleeved swimsuits to give them more protection in the water. Even with protective clothing, it is advisable to limit time in the sun to 30 minutes at a before taking them back in the shade.

8. Protect eyes against the sun – get your children (and yourself!) sunglasses with certified UV protection.

9. The sunlight is strongest between 11am and 3 pm so it is best to avoid playing or swimming in the direct sunlight between these times. As they say in Australia "Between eleven and three, hide under a tree!"

10. Consider playing in shaded areas or – do what the

Michaela Bolder



locals do – Siesta! A little mid-day nap would also help you feel refreshed throughout your holidays and keep you out of the sun during the hottest hours.

**LOOKING FANTASTIC**

Michaela Bolder STRIPPED lean protein ambassador – the facialist of choice for celebs including Elle Macpherson, Abbey Clancy, Tess Daly, Kelly Brook and Frankie Sandford shares her top tips for looking good in the summer months.

**1. Nourish**

One of the main reasons our skin glows in the summer is because of the increased Vitamin D. Supplements are a great way to give winter skin a boost – look out for supplements that contain a wider range of vitamins with Echinacea to get skin glowing. My favourite are STRIPPED GLOW capsules as they contain vitamin A to turn over skin cells and help rebuild skin function, Vitamin E to protect from pollution and copper to help stimulate collagen production. Take them daily throughout the colder months with a two week break every six months to reset the body.

**2. Exfoliate**

While it may seem counterintuitive to exfoliate your skin if you're desperately clinging on to your summer tan, your skin will naturally exfoliate itself anyway. Getting in there early promotes a more even fade and ensures that topical moisturisers are penetrating deeper into the skin and not resting on a surface of dead skin cells. Exfoliate your entire body three or more times per week – body brushing is a great way to remove the dead skin cells and aid circulation.

**3. Change it up**

Just like your body, your skin also needs a winter wardrobe. In the colder months our skin needs the extra nourishment and protection that heavier creams offer so I'd recommend switching to a richer moisturiser (or using a 50p sized amount of your regular moisturiser) of a morning so your skin can feed off it throughout the day. Opt for butters (my favourite is Shea) over lotions as they tend to be water based and better suited for summer.

Don't be afraid to layer products too – serums under moisturiser are incredibly effective at delivering all the essentials whilst your moisturiser acts as barrier to seal it all in. Adding a facial oil into your night time routine will also help to boost hydration levels.

**4. Massage**

Finally, deep tissue massage techniques are incredible for getting blood circulating, activating muscle tissue and relieving tension above the eyebrow. Get skin glowing yourself at home with these two facial massage techniques:

- Apply deep, firm pressure using your fingertips – working outwards from the centre to the temples, pressing firmly against the muscle fibres. Use both hands and work outwards eight times. Repeat this three times once a week.
- Run your fingers up and down from the centre



24 EN MAGAZINE - issue 90 July/August 2017

EN MAGAZINE - 90 July/August 2017 25