

WHAT BLISSFUL COUPLES KNOW, P. 34

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measures it out!). Instead, nearly all of them apply in layers to get sufficient coverage—and rub in different directions on round two. “This ensures I haven’t missed a spot,” says dermatologist Vivian Bucay, M.D., founder of the Bucay Center for Dermatology and Aesthetics in San Antonio, Oh, and they do this while naked: “Doing so avoids burns along the edges of a bathing suit or clothes, which I often see in patients,” says dermatologist Emmy Graber, M.D., president of The Dermatology Institute of Boston. *Still unsure if you’ve applied enough?*

Our derms insist you’re properly covered only when you can see the results glistening on your skin.

#### THEY START THE MORNING WITH COFFEE...AND ANTIOXIDANTS.

But first, coffee: Dermatologist Whitney Bowe, M.D., a clinical assistant professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York City, upped her java intake from eight to 12 ounces after reading a recent study that showed more coffee equals a lower risk of developing malignant melanoma.

As for antioxidants, they’re a safety net, protecting against free radicals that slip through the cracks of your SPF—which one study showed can be up to 45 percent! “There’s research that says the combination of ferulic acid with vitamins C and E can increase your sunscreen’s SPF by eight,” says dermatologist Tina Alster, M.D., a clinical professor of dermatology at Georgetown University Medical Center, who layers (3) SkinCeuticals C E Ferulic serum (\$163, skinceuticals.com) under her sunscreen.

If a two-step routine is one step too many, dermatologist Diane Berson, M.D., an associate clinical professor of dermatology at Weill Medical College of Cornell University,



loves the new wave of sunscreens with strong antioxidants built in.

(4) Olay Complete All Day Moisturizer SPF 30 Sensitive (\$14, at drugstores) is a favorite. Both Day and Alexiades also follow antioxidant-rich Mediterranean diets to help protect against UV damage from the inside.

#### THEY WEAR LIP GLOSS ONLY AFTER DARK.

“Anything super shiny can act like a magnifier and enhance the penetration of sunlight—I’ve seen lots of patients wear lip gloss outside and get so sunburned their lips were puffy,” says Graber, adding that lower-lip skin cancers are common and, in her experience, often likely to

spread. During the day, the pros prefer lip balm with SPF, like (5) Coola Sport Lip Lux SPF 30 (\$12, sephora.com).

And don’t be shy about reapplying—it’s the first place sunscreen disappears because we’re constantly licking our lips, eating, and drinking. Or try this move from dermatologist Amy Wechsler, M.D., an assistant clinical

## Could That Cause Skin Cancer?

Beyond fair skin, light hair, and a proclivity for lobster-red sunburns, new research is pinpointing less obvious risks for developing skin cancer. Check this list and be extra diligent with your SPF.

### WHITE WINE

Sorry to be a buzzkill, but according to a study published in *Cancer Epidemiology, Biomarkers & Prevention*, each glass of white wine per day was associated with a 13 percent increased risk of melanoma. The researchers hypothesize it’s due to the DNA-damaging enzyme acetaldehyde, which is found in all alcoholic beverages but at higher levels in white wine. Easy solution: Opt for red instead, which researchers think has less of an association with melanoma risk, thanks to its higher level of antioxidants.

### HPV

A study published in the *British Medical Journal* uncovered a connection between strains of HPV and the prevalence of squamous cell carcinomas, a nonmelanoma type of skin cancer. The more strains of HPV a person carried, the more likely they were to develop squamous cell cancers in their lifetime. If you’re not sure if you have HPV, get tested.

### A RELATIVE WITH RED HAIR

New research in *Nature Communications* shows just carrying the gene that gives you red hair—meaning the color runs in your family, but you are not ginger yourself—leads to 42 percent more sun-associated genetic mutations compared with people who did not carry the gene. “It also raises the possibility that we can screen people for this gene so they can be more aware,” says Ellen Marmur, M.D., a dermatologist and also an associate clinical professor of genomics and genetic science at Icahn School of Medicine at Mount Sinai in New York City.

### CITRUS JUICE

Consuming a cup serving of grapefruit or orange juice more than 1.6 times daily was found to up melanoma risk by 36 percent. Researchers, who published their findings in the *Journal of Clinical Oncology*, speculate it’s because these fruits are rich in psoralen and furocoumarin compounds, which are thought to make skin more photosensitive.