

The Australian Beauty Therapist

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AUGÉ

Melanoma
Awareness

21st Century Fakes
Is Goji Juice the
true Elixir?

TO BE THE BEST, YOU NEED THE BEST INGREDIENTS.

Dr Mark Edinburg¹, Plastic and Reconstructive Surgeon and specialist in skin cancer surgery says: "Ninety percent of skin cancers occur in the sun exposed areas of the body. We know the presence of skin cancer is increased in people who spend time outdoors and people who have less pigmentation. There are, however, also other causes of skin cancer. Some of these include trauma, burn scars, chronic leg ulcers, previous exposure to radiotherapy, patients who are immuno-suppressed and, rarely, exposure to various types of chemicals."

According to Dr Edinburg: "If you notice a lump or a bump that does not heal within a month, it is imperative to make sure the lesion is checked by a local practitioner as soon as possible. This important step may save a life."

"Change means an alteration in size, shape, border, surface, colour, ulceration, weeping, discharge, itch, bleed, or anything different that you may have noticed," says Dr Edinburg.

"A broad brimmed hat or floppy hat is necessary to protect your face, neck and ears. Sunblock must be applied to all sun exposed areas including the skin on the inner aspect of the eyes, behind and inside the ears and on the neck and lower lip to mention some areas. Sunblock, a broad spectrum SPF 30+, should be applied every two hours if outside. Appropriate sun protective clothing should be worn. Close fitting sunglasses are helpful," Dr Edinburg suggests.

Watch your Back

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The Cancer Council adds: wearing UV protected sunglasses; never allowing skin to burn; making sure children are protected against the sun; staying out of the sun when radiation is at its highest (between 10am and 3pm) and avoid using solariums, tanning booths or lamps.

"As a skin cancer surgeon, it is also my duty to inform you cosmetic tanning in solariums will have an adverse effect on skin and on eyes. A solarium tan is induced by ultraviolet radiation," Dr Edinburg says.

"The use of fake tanning products is a safer alternative to sun exposure or the use of a solarium. But a fake tan does not protect you from ultraviolet radiation and you would still need to take appropriate sun tanning precautions

Dr Edinburg also has this one last warning.

"You also need to be aware no sunscreen product provides complete protection against ultraviolet radiation. A small percentage of UV light enters the skin and can cause damage. Please use sunscreen in conjunction with other methods of sun protection. Pale is cool! **B**