



## 6 WAYS TO PROTECT YOUR SKIN FROM SUMMER SUN

THE broiling summer sun can be murder on your skin AND eyes – but you can slash your risk of skin cancer, sunburn and vision problems by taking simple steps.

Most Americans know too much sun can hurt your skin, but New Jersey-based ophthalmologist Dr. Cary Silverman of Eyecare2020 tells GLOBE, “Intense UV light exposure can cause a burn to the eye surface as well.” You have to protect yourself!

### ‘Daily routine’

Celeb beauties like songbird Carrie Underwood, 29, and actress Julianne Moore, 41, say they never leave the house without putting on sunscreen. “It’s part of my daily routine,” claims Carrie.

Adds fair-skinned Julianne, “I always wear sunscreen and walk on the shady side of the street.”

Here are tips from experts for shielding your skin and eyes this summer:

- Wear a wide-brimmed hat when outdoors for a prolonged period of time and buy quality sunglasses that offer UV protection and completely cover the eye area.
- Use a sunscreen with a Sun Protection

Don't forget sunscreen, says Carrie Underwood



Factor (SPF) of at least 40 that protects against both UVA and UVB rays. Sunscreen not only protects your skin from the harmful rays of the sun but also guards against premature wrinkling, skin cancer and dryness. Slather onto your face and your neck, the backs of your hands and any other area that’s exposed. Reapply every two to three hours.

- Use a sun protecting lip balm to protect your lips, which are also susceptible to skin cancer and premature aging.
- Stay hydrated. Double or triple your fluid intake during the hot months to keep your body and your skin hydrated from the inside out.
- Sit in the shade. Stay out of direct sunlight as much as possible. The sun’s rays are most intense between 10 a.m. and 4 p.m., so minimize your exposure during this period.
- Scrub off dead skin regularly. The combination of sun, sweat and sunscreen increases the dead cells that build up on your skin. Use a gentle scrub weekly to prevent breakouts and uneven skin tone.

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Update

### Short exercise KOs diabetes

➤ **SHORT** intense bursts of exercise may keep Type 2 diabetes in check. Researchers found that test subjects who did two 20-second sprints on a stationary bike three times showed a 28 percent improvement in insulin function, which controls blood sugar. “This is completely new,” says Dr. Niels Vollaard at England’s University of Bath. “These sprints break down as much (blood sugar) in 20 seconds as moderate endurance exercise would in an hour.”

### Yogurt makes you sexy!

➤ **YOGURT** is good for pepping up your sex life. MIT scientists were surprised to discover male lab mice fed yogurt developed 5 percent heavier testicles. They also noticed the sex-charged males were more eager to mate, produced bigger litters and seemed to have a “swagger.” “You know when someone’s at the top of their game – how they carry themselves differently?” says biologist Susan Erdman. “Imagine that in a mouse.”

### Aspirin saves ca\$h & lives

➤ **ASPIRIN** is just as good a blood thinner to prevent strokes and heart failure as the most costly prescription drug warfarin. A Columbia University study found patients on warfarin had a 50 percent lower risk of stroke than aspirin poppers. But warfarin users had TWICE the risk of major bleeding than patients on aspirin. Stroke expert Dr. Walter Koroshetz says doctors will have to decide which risk is better for their patients’ individual needs.