

# Every complexion needs protection from the sun

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**Q:** *I have an olive complexion and tan easily. Do I really need sunscreen? It seems like a lot of hassle and mess for no reason.*

**A:** Can you say wrinkles? Sun spots? Skin cancer? Sunscreen helps prevent those problems. What better reasons could you want for applying sunblock?

People with fair skin are more susceptible to sun damage, but those with olive and darker complexions are not exempt. And with all the options available today, from sprays and nongreasy creams to sunscreen-infused towelettes, applying a product need not be a hassle or make a mess.

It's worth noting that the incidence of melanoma, the deadliest form of skin cancer, is rising faster than any other cancer, according to the Skin Cancer Foundation — especially among those

ages 15-29.

This seems like a good time for a refresher course in skin protection. Here, from The Women's Dermatologic Society, are 10 sun-safety tips:

- Apply a broad-spectrum (UVA and UVB) sunscreen with an SPF of 15 or higher 30 minutes before going outdoors.

- Use a golf-ball-size amount of sunscreen to cover your entire body.

- Reapply every two hours, even on cloudy or cool days.

- Completely coat all exposed areas of your face, head and body.

- Cover your lips with a sun-protective lip balm or sunscreen.

- Check expiration dates on your sunscreen to ensure effectiveness.

- Seek shade whenever possible or use a sunshade.

- Wear a broad-brimmed hat, preferably with a back flap, to shade your face, ears and neck.

- Protect your eyes with UV-protective sunglasses.

- Wear tightly-woven, sun-protective clothing with long sleeves and legs.

## DREAM JEANS?

**Q:** I am a middle-age woman who needs jeans with a tummy-control panel and a no-gap waistband in the back. I have seen several brands like this in the stores, but they all cost close to \$100 or more. My budget will stretch to \$30 for jeans, but no further. Am I dreaming?

**A:** Some dreams do come true. The Riders line of jeans from Lee seem custom-made for you — and your budget. They come with a tummy-control panel, a no-gap waistband (at or near the natural waistline), and in a variety of cuts, including relaxed fit, straight leg and boot-cut. Available at Walmart, most styles are priced under \$20.