

7 PAGES OF SAVE-YOUR-LIFE MOVES

# REDBOOK MEDBOOK



3 NEW SUN-SMART PRODUCTS

8 cutting-edge ways to beat skin cancer

## What's that SPOT?

A dermatologist takes you on a mole patrol

## How a hair dryer can save your life

## WILL YOU BE A CANCER STATISTIC?

5 key risk factors you must know about

you & me



### Your skin cancer risk just went up!

We've all heard about the depletion of the ozone layer, and we know that the sun's rays are more harmful than they used to be. But what I didn't know is that while I worry myself to death about every lump and bump in my breasts (and believe me, these babies are like tapioca!), what I *should* be worrying about is skin cancer, which I'm much more likely to get. Especially with my history: I spent my entire adolescence slathered in baby oil and iodine, grabbing my reflector every time the sun peeked out of the clouds (and this was in North Carolina!). One spring break in Florida, I was in such a rush to tan that I skipped the sunscreen and—I kid you not—burned my eyes shut. After several years as a beauty editor, however, I had learned enough about the sun's capacity to age my skin that I refused to leave the house without SPF 50 all over me. I remember trying to convince my boss that even "just a little color" was dangerous—and that she should try self-tanner instead. So I was completely taken aback when I went to see Dr. Debra Jaliman for my first mole mapping. She wasn't worried about the creeping sun spots on my cheek, which had me freaking; it was the irregular moles she'd found on my stomach and back (old bikini areas I couldn't even see) that concerned her. For one of them she had to go in twice to cut all of the border out. That scared me. I've looked at pictures of dangerous moles for years now and thought I knew what they looked like. I didn't. As you'll read in our new Medbook, "Your #1 Cancer Risk (it's not what you think)," which begins on page 25, today skin cancer is more likely to recur than ever. (continued)

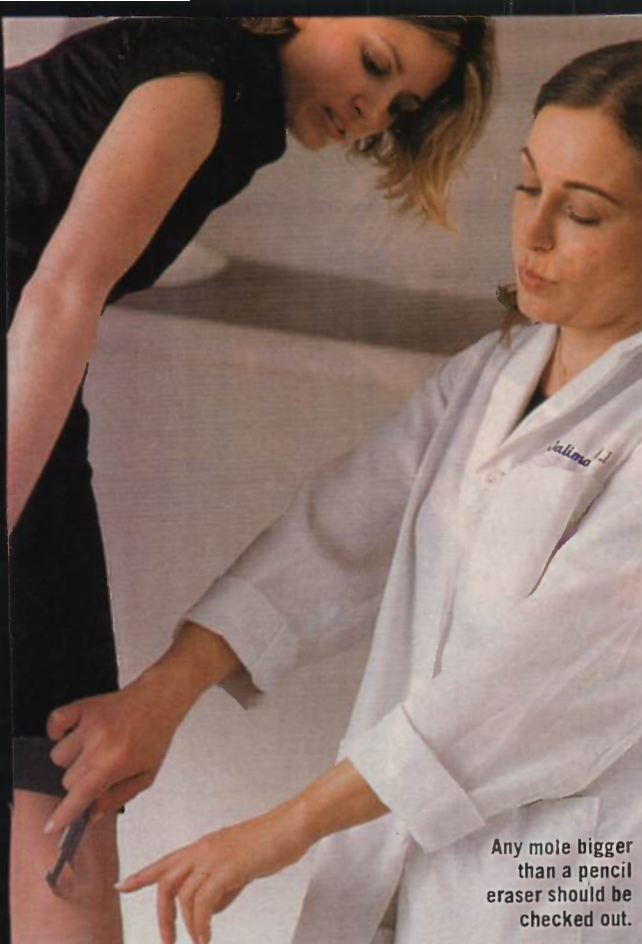
I had several dangerous moles removed.

you & me (continued)

and it is increasingly linked to other cancers. For this reason, it's important that each one of you understands your risks and gets checked by a dermatologist. As part of our research, we ran the Redbook staff under Dr. Jaliman's magnifying glass. You'll be shocked at what she found—we were. Let me know how we're doing: Write to me at [lesley@hearst.com](mailto:lesley@hearst.com).

Lesley Jane Seymour  
Editor-in-Chief

# ER RISK (not what you think)



Any mole bigger than a pencil eraser should be checked out.

## The Redbook mole patrol: what we found

Have any moles that worry you or just look a bit odd? When we posed that question to Redbook staffers, 20 volunteered to have their spots examined by dermatologist Debra Jaliman (above, right) of Mount Sinai Medical Center in New York. She found five abnormal moles that had to be biopsied—that's a 25 percent prevalence! "This sounds like a very high rate of abnormal moles," she acknowledges, "but I think that the published rates of 2 to 5 percent are low. In my practice I'm seeing more abnormal moles than ever." Here, some of the moles Jaliman saw and her advice:



**Toni:** "I've heard that hairs coming out of a mole is a bad sign."

**Dr. Jaliman:** "Hair growth is not a foolproof way to tell an abnormal mole from a normal one. All it shows is that there is a hair follicle involved. Watch this mole and get it checked if you notice any change in size, color, or shape."



**Cheryl:** "I have tons of moles on my back."

**Dr. Jaliman:**

"Lots of irregular moles may be a risk factor for melanoma. I'm concerned about the one that has a notch in it and contains two different colors [right]. I'd have that one checked out." (Cheryl also had an abnormal mole on her calf.)



**Kim:** "My moles have gotten a lot darker since I've been pregnant. Should I worry?"

**Dr. Jaliman:** "Pregnancy hormones can make moles grow, darken, or increase in number. This mole has a notch in it that may mean it's abnormal. You can get biopsies while pregnant."



**Amy:** "My birthmark seems to be turning a different color."

**Dr. Jaliman:** "You may have had it since birth and thus think of it as a birthmark, but it's a mole. The splotchy color and scalloped shape worry me: I'd have it biopsied in the area that has changed."



**Arètha:** "This mole used to be flat, but now it's raised."

**Dr. Jaliman:**

"It's not uncommon for a flat mole to become elevated as you age, but watch for uneven elevation and other color or shape changes."



**Molly:** "This mole under my arm is always getting irritated by

my bra or clothing."

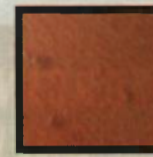
**Dr. Jaliman:** "This is a perfectly normal mole, but I'd recommend removal. Chronic irritation can turn a good mole bad."



**Emily:** "This mole seems bigger than my other ones."

**Dr. Jaliman:**

"Size doesn't necessarily signal abnormality, but this one has a jagged, not smooth and regular, border. I would recommend that you get it biopsied promptly."



**Diane:** "I've suddenly developed what look like little raised freckles on my cheek."

**Dr. Jaliman:** "These are benign growths called dermatosis papulosa nigra and are genetic. You can have them removed if they bother you."

## How a hair dryer can SAVE your life

People who regularly look for changes in their skin (monthly is best) are 63 percent less likely to die of melanoma and 34 percent less likely to develop it in the first place. Before you start scanning your body, make sure you have good lighting, two mirrors (so you can see your front and back), and a blow-dryer.

**1. Start with your scalp.** Use the dryer to blow your hair away from your scalp so you can thoroughly examine all of it. (Many women are surprised to find that they have moles on their scalps.) Note the approximate location of any mole you spot, so you can keep track of it.

**2. Next, proceed down your face and neck to your body.** Look for red, irritated, flaky, or scaly patches and any changes in existing moles.

**3. Continue your body scan;** don't forget to look in all the nooks and crannies—between your fingers and toes, in your nail beds, in your groin, and under your breasts.

**4. Make sure to check your rear view,** using a handheld mirror to examine your back and the backs of your legs. A handheld mirror will also help you examine your genitals: Melanomas can occur on the mucous membranes of the vagina.