



**Fact**  
48% of melanoma occurrences in African-Americans are diagnosed at an early stage

## Insect Bites and Uneven Skin Tone

Picking and scratching insect bites can lead to hyperpigmentation, especially for those with a deep skin tone, says Flor Mayoral, M.D., of Miami.

### TRY THIS:

Apply sunscreen to dark spots. It's one of the quickest ways to get rid of marks and even out skin tone. You can also fade them out with hydroquinone cream or products that contain retinoic acid. Other solutions include exfoliating (try the Clarisonic Mia 2 brush) and using glycolic peels. Choose insect repellents that contain DEET, picaridin or citronella oil.



**Clarisonic** Mia 2 Skin Cleansing System (\$149, sephora.com).

**Ambi** Fade Cream (\$5, drugstores).

## GETTING SUNSCREEN RIGHT

UVA (ultraviolet A radiation) and UVB (ultraviolet B radiation) rays can cause sunburn, skin cancer and premature skin aging. Last summer the FDA guidelines requiring over-the-counter sunscreen products to undergo a broad spectrum test went into effect. Those that passed have both UVA and UVB protection. Look for products labeled "broad spectrum" and "SPF 15" (or higher). Even if you're using sunscreen, it's important to be on the lookout for skin cancer. To determine the features of melanoma, the National Cancer Institute recommends using the ABCDE rule: Asymmetry; Border that's irregular; Color that's uneven; Diameter changes; and Evolving characteristics. And be sure to check less pigmented areas such as palms, soles and nails, where melanomas can also occur. "Seeking a medical examination for any skin changes will lead to a higher survival rate," says Kevin Schewe, M.D., of Denver. □



**CeraVe**  
Sunscreen  
SPF 50  
for body  
(\$17, drugstores).