

## Recipe for Great Summer Skin...Part I

### *From the Outside...IN!*

Much of the country has been eagerly awaiting the true summer time weather...bright sunshine, warmer days of 80+ degrees, swimming pools that are finally warm enough to enjoy, and longer days of daylight. Those of us who are in Arizona sticking it out for most of the summer are **OVER IT!** Let's face it, spring time is our true summer here...when we can get outside to hike, plant flowers, golf without heat exhaustion, and enjoy the healthy tan glow on our faces and bodies. But, if you are like me, the sun on our faces and bodies doesn't quite feel so good anymore. In fact, that healthy tan glow starts to fade behind a background of freckles, moles and alligator-like skin of dryness, itching, and other premature signs of aging. We turn to so many topical treatments such as creams, gels, ointments and miracle formulas to hydrate our skin that the costs can be outlandish, and we may not even be using the correct products.

### *SKIN 101: Did you know?*

- The skin is the body's largest organ, accounting for 20% of our body weight and serves as a protective barrier against microorganisms, UV light, abrasions, dehydration, and pollution
- The human skin has three layers:
  1. **Epidermis:** Outer layer which is packed with skin cells called keratinocytes that are constantly being shed and replaced. Younger skin has the ability to rejuvenate, but this capacity declines with age.
  2. **Dermis:** Inner layer filled with blood vessels, lymph nerves, sweat and oil glands, hair follicles and connective tissue like collagen and elastin which are responsible for the skin's elasticity and stretchiness
  3. **Subcutaneous Fat:** This layer insulates and stores nutrients. The muscle underneath provides firmness to skin



### *What can summer golfers do?*

As we age, our ability to replace keratinocyte cells slows, collagen fibers stiffen and break apart, and elastic fibers thicken and fray...all contributing to wrinkles. Although genetics play a role in skin appearance, environmental factors have a profound effect. Skin aging is accelerated by free-radical damage from smoking, sunlight, and pollution.

According to Dr. Glenn Yarbrough, M.D. from Phoenix/Scottsdale Dermatology, "skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer—basal cell and squamous cell carcinomas—are highly curable. However, melanoma, the third most common skin cancer, is more dangerous. The majority of melanomas are caused by exposure to ultraviolet light."

Dr. Yarbrough notes that skin that is left unprotected most likely will show the signs of aging first, "In men, 80% of sun damage involves the head and neck areas. Women have similar head and neck issues, but also need to watch the legs. Melanoma in the lower extremities is common in women."

In golfers, protection of the head and neck is crucial. The most important “sun equipment” a golfer can have is a full brim hat. Women should golf in more of a full shirt as opposed to sleeveless top. This protects the top of the shoulders better. I know this advice goes against current styles, but this is the best way to protect the skin. Golfers tend to rely on sunscreen too much. It needs to be protective clothing AND sunscreen, not just one or the other.



**TIP:** When applying sunscreen, instead of putting the “excess” from your hands on your ears last, start with the ears first and lather them up nicely. It is much better to have too much than not enough!

“It is NEVER too late to start smart sun avoidance habits. Begin adding retinoid creams (like Retin-A) to your nightly routine. More aggressive options, such as laser, may be required later,” adds Yarbrough.

Is STILL wanting that healthy glow stopping you from applying sunscreen thoroughly? If so, a solution that I have found is Jergens Natural Glow and Protect Daily Moisturizer with UVA/UVB SPF 20 built in for the face and the body. I put it on straight out of the shower, let it dry, and then apply additional sunscreen to the parts exposed to the sun that day. It works! Also, RoC® RETINOL CORREXION® Deep Wrinkle Daily Moisturizer SPF 30 is a wonderful product for renewing as well as protecting during the day.

With the dog days of summer just around the corner, it is not too late to start heeding the advice above. The common theme is that there are so many “things” to put on our faces and bodies to prevent and protect further damage. Our skin soaks in the topical miracles, fillers, injections, peels, creams and waits for results...**from the Outside...in!**

But, I wouldn't be a prudent lifestyle coach if I didn't think we could do more **from the Inside....Out!** What we put on our plate could be even more important than what we put on our skin. Studies have shown that there is a direct diet-appearance connection. Scientists have found that a diet filled with certain vitamins, minerals, and fats can have a tremendous effect on acne, clear skin tone, and overall skin health which may in fact create a healthy, ageless glow!



Stay tuned to Part II: **Recipe for Great Summer Skin...From the Inside...Out!** In next month's newsletter!

If you can't wait until next month or have additional questions, feel free to contact:

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