

stylephile SUMMER BEAUTY TIPS



## When Skin Plays Tricks

Some freckles can be early signs of melanoma

"WHEN PATIENTS ASK ME what to look for in skin cancer, I tell them that pink is the new black because so many harmless-looking pink lesions ultimately turn out to be melanomas," says Dr. Lauren Cooper of Affiliated Dermatologists and Dermatologic Surgeons in Morristown, Mt. Arlington and Bridgewater. "Sometimes we biopsy skin-colored moles and freckles, and even we dermatologists are surprised that they are early skin cancers."

It's known as amelanotic melanoma, a serious and often difficult to diagnose type of skin cancer in which the cells do not make melanin or pigment. Because of this lack of color, diagnosis is tricky and is often delayed until the lesion becomes more prominent in an advanced stage.

"We try to identify these types of skin-colored melanomas early. Just as a baby doesn't look like an adult, an early-stage, pink melanoma doesn't always fit the typical description of an advanced melanoma," says Cooper.

So what should skincare-savvy folks be looking for? "Skin cancer can form anywhere, especially on the face," she says. "We worry about the ugly ducklings—moles, lesions and freckles that are larger than a pencil eraser head and look different than anything else you already have."

Often these sneaky melanomas can remain flat for a year, unlike the large, ominous melanomas some might expect. Some forms of skin cancer even appear as a subtle smudge, and could be pink, red, brown, black or a combination of colors. But they will typically look unusual and will appear as a new spot on the skin, Cooper adds.

The American Academy of Dermatology recommends scheduling an exam with a board-certified skin doc who will examine you from head to toe. An easy way to keep track of your annual appointment is to schedule a review of your birthday suit each year during your birthday month.

—Susan Brierly Bush

### SAVVY SKIN-CARE TIPS

(Learn more at [aad.org](http://aad.org))



Apply a water-resistant, broad-spectrum sunscreen, at least 50 SPF—on cloudy days, too!



Reapply sunscreen when perspiring and when coming out of the water.



Wear sunglasses and protective clothing. The bigger the hat, the better.



Avoid tanning beds—ultraviolet light can cause skin cancer and premature skin aging.

## Long or Short?

How to solve that summer hairstyle conundrum.

IT CAN BE A DIFFICULT decision: Better to sport a long ponytail for summer beach fun, or go with a short, sassy style for a hassle-free vacation? We asked two Garden State hair pros for their hottest tips under the sun.

"Each summer, heat and humidity inspire decision making," says hairdresser Steven Bollo of Bollo Salon in Montville. "Try a new style with long layers, or lighten up with hair painting for a fresh but subtle look that can last three to six months. Some clients like a short summer bob tucked behind the ear, and others want it all cut for a 1960s Joey Heatherton look."



**VINTAGE VOGUE**  
Sixties actress Joey Heatherton's iconic short hairstyle is back.

"For July and August, we like a simple, side-swept ponytail, a high pony or a braid. Or just twist it up with fun clips. Around your face, consider a few highlights or subtle babylights in light pink, rose-gold or beige-blond," says Kim Kelly of Suzi's Salon in Morristown. She adds, "If you plan to swim in a pool, mix a solution of half conditioner and half water. Then spritz it all over dry hair before jumping into the water. Better to have your hair absorb conditioner rather than pool chemicals."

And that's the long and the short of it.—SBB

JULY 2019 NEW JERSEY MONTHLY 25

# Warning Signs Heeded—and a Life Possibly Saved

Style editor Susan Brierly Bush was especially gratified to receive the following letter about her July 2019 piece on the early signs of melanoma. (You can read her article at [njmonthly.com/skin-cancer-signs](http://njmonthly.com/skin-cancer-signs)):

I wanted you to know that you may have saved a life. A new patient came in [to our dermatologic practice] recently with a very subtle pink mark on her arm. The pathologists had trouble making a diagnosis because it was so subtle. Finally we concluded that it is an early melanoma. I asked her how she knew to come in for such a subtle lesion. She replied that she read your article. Amazing.

—Dr. Lauren Cooper

Affiliated Dermatologists and Dermatologic Surgeons  
MORRISTOWN

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## Seeing Red Over Rutgers Omission

Your January 2020 edition listed 29 milestones that were unique to New Jersey. A very interesting article with one glaring omission: Rutgers, the State University of New Jersey! It's