



Skin Care Health: Skin Cancer Affects All

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maknbacnJust because you have dark skin doesn't mean you don't have to worry about protecting yourself from the potentially harmful rays of the sun.

As more people head outside for the warmer months, dermatologists and health experts are warning men and women that there is no such thing as being immune to skin cancer.

"Pigmentation doesn't give you a free pass," dermatologist Dr Charles E. Crutchfield III told CNN. "It doesn't matter what color your skin is - everyone can get skin cancer."

It seems that some people are not taking the warnings seriously, however. A study by Consumer Reports found that only slightly more than one-quarter (27 percent) of people with darker skin applied sunscreen, compared with 64 percent of people with lighter complexions.

Meanwhile, new research from Stanford University School of Medicine suggests that a large proportion of Asian Americans living in California may not be adequately protecting their skin, particularly as they become more westernized.

Lead researcher Dr Anne Chang cautioned people of Asian descent not to "derive a false sense of security" because of their skin pigmentation.

Without a doubt, all shade gradients of skin require proper skin care protection, no excuses. Here is a link to a smart article that I found on the SkinCareRx website about different types of sunscreens and how to utilize them: [Summer Skin: Protect Your Skin Care Investment.](#)

*And yes Mo, we all know you love bacon, we just don't want to look like it!