

SUN DAMAGE:
Moisturize and
use sunscreen

Continued from page 23

of fluid through eating fruits.

Protection from the sun is critical not only to preventing skin damage that affects our appearance.

Karen Keady, eathetician and owner of Essentials Spa in Sisters notes that “sun damage (is) progressive, from childhood through teen years, young adulthood. Damage will begin to show as we age. All of the actinic keratosis (crusty, scaly growth on skin), skin cancers, old-age spots, hyperpigmentation shows up.”

It is bet to wear a hat out in the sun, Keady says, and it’s important to regularly use a good sunscreen.

“Mineral with zinc is best. Such sunscreen covers up age spots plus prevents further damage.”

— Karen Keady

“Mineral with zinc is best,” Keady said. Such sunscreen “covers up age spots plus prevents further damage.”

Keady says that SPF 30 is adequate.

Jacobsen urges even stronger sunscreen.

“I like to see my clients in the 45–50 (SPF) range,” she said.

Jacobsen recommends applying sunscreen 30 minutes prior to activity and again two hours later — 80 minutes later if you’re sweating or in water.

“That’s where people usually fail,” she said. “They put it on in the morning and they don’t reapply.”

Sometimes women don’t reapply because they don’t want to mess up their make-up. Jacobsen says that there are products to “fix” makeup so that applying sunscreen doesn’t interfere with it.

“There’s really no excuse,”

she said.

One of the reasons that Keady likes mineral sunscreens with zinc is that there is less pressure to reapply than there is with lotions — and you don’t have to concern yourself with preservatives.

No matter how conscientious we are, all of us are likely to have experienced some sun damage. Can that damage be reversed? The answer is a qualified “yes,” according estheticians.

“We can reverse with safe, organic products or through dermatology procedures,” Keady says.

Jacobsen notes that “you can do different procedures to increase collagen.”

She likens such procedures — involving a controlled breakdown of collagen — to strength training, where muscles are “broken down” with weight training so that they respond to the stimulus with growth.

“We do that in the aesthetic world very similarly,” she said.

Jacobsen also recommends a deep chemical peel every two years.

Any aesthetic treatments to combat sun damage have to be thought of as an ongoing program.

“These are treatments that have to be maintained,” Jacobsen said.

Taking care of our skin is not a matter of mere vanity — though who really doesn’t want to look their best? There can be significant health implications from damaged skin. Skin cancers are increasingly common in Oregon.

“The amount of skin cancer is astronomical,” Jacobsen says.

Having to have surgery to remove skin cancer from the face is “tragic” for many people, Jacobsen notes, and skin cancer can be fatal. It’s nothing to fool around with.

Taking care of our skin — from an early age if possible — and maintaining skin health through use of moisturizers, sunscreens and aesthetic procedures can help us keep the abundant sunshine and dry conditions of Sisters Country on the plus side of our personal health ledger.



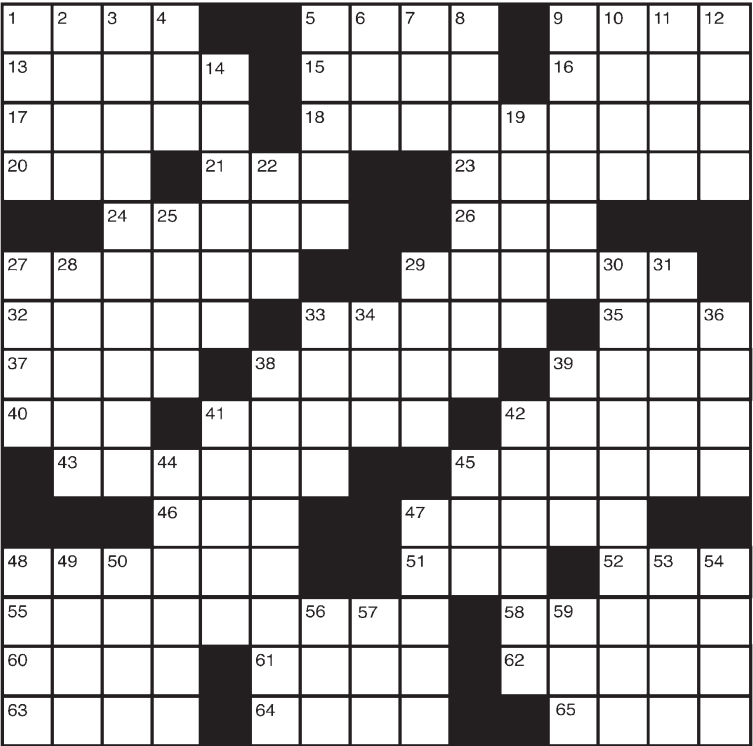
Remember to protect your skin every time you go outside.

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The Nugget Newspaper Crossword

By Jacqueline E. Mathews, Tribune News Service

- ACROSS**
- 1 James or Scott
 - 5 Oxford, for one
 - 9 Bow of a ship
 - 13 Monk’s superior
 - 15 Sunbathes
 - 16 TV’s “One Life to ___”
 - 17 Laziness
 - 18 Way too thin
 - 20 Haw’s partner, in phrase
 - 21 Curved edge
 - 23 Martians and others
 - 24 Actor Jeremy
 - 26 Brooch
 - 27 Fruit salad ingredient
 - 29 Complete failure
 - 32 Gladden
 - 33 Mark one’s cattle
 - 35 Hovel
 - 37 Teases
 - 38 Informal street talk
 - 39 Cause of misery
 - 40 “My ___ Sal”
 - 41 Gives the cold shoulder to
 - 42 Thus
 - 43 Large bird dog
 - 45 Gathering spots for Elks
 - 46 Actor Linden
 - 47 Awaken
 - 48 Mr. Einstein
 - 51 “___ a Small World”
 - 52 Hullabaloo
 - 55 Unfinished business
 - 58 Receded
 - 60 Indira’s dress
 - 61 Chess piece
 - 62 Dinner course
 - 63 Dollar bills
 - 64 Move back and forth
 - 65 Colors
- DOWN**
- 1 Money
 - 2 Qualified
 - 3 Horrible
 - 4 As likely as ___;
 - 5 Flower stalks
 - 6 Show-off
 - 7 Stop ___ dime
 - 8 Fleeing
 - 9 Prairies
 - 10 Ceremony
 - 11 Heating chamber
 - 12 Gives up the single life
 - 14 King’s seat
 - 19 Homer classic
 - 22 “Time ___ Bottle”; Jim Croce hit
 - 25 Long-tailed rodents
 - 27 Floating mass of ice
 - 28 Assumed name
 - 29 Groupies
 - 30 Erratic
 - 31 Small weight
 - 33 Make hazy
 - 34 Trotted
 - 36 Golf shop purchase
 - 38 Provides a haven for
 - 39 Pieces of furniture
 - 41 Long look



Created by Jacqueline E. Mathews 8/15/18

— Last Week’s Puzzle Solved —



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- 42 Monopoly player’s purchases
- 44 Grad student’s paper
- 45 Building site
- 47 Dangerous
- 48 In addition
- 49 Give to a borrower
- 50 Drill a hole
- 53 No longer with us
- 54 Probability
- 56 Currently
- 57 ___ favor for; help out
- 59 ___ none; with no exceptions

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