

SPRING AND SUMMER SKIN CARE

Spring and summer in Marin equals sun exposure, whether we intend to get it or not! MPOMC families are now receiving more contact with the elements and the sun; protecting your little ones and yourself is essential! It is true that some sun exposure is needed so the body can naturally produce vitamin D, a vitamin that many of us are deficient in. However, sun damage is cumulative in our lifetime and has permanent effects on our skin and is known to result in skin cancer.

Sun damage to our skin is usually not evident until our 30s or 40s, when we start to notice "hyper-pigmentation" (brown spots), known as "melasma" and the "mask of pregnancy; freckles; white spots or hypopigmentation; spider veins; fine lines; deeper wrinkles; decreased collagen and loss of skin elasticity.

Fortunately, it is never too late to start a responsible regime of sun protection and to use products that can help to reverse sun damage, correct many of the signs of sun damage and aging, and - the most important factor - to educate our children and help them to avoid much of the sun damage we may see in our own skin!

The good news: While some sun-related changes can be permanent, others can be reversed or reduced by skin care or minor office procedures. Beware of over-the-counter products, which are often based on marketing or flashy packaging rather than on science. In contrast, "medical grade" skin care products contain the highest quality and concentration of the active ingredients, are non-comedogenic, often paraben-free and only available in physicians' offices.

SUN PROTECTION FOR CHILDREN



Use a hypoallergenic sun screen product of SPF 30 or higher. Don't waste your money on products claiming SPF 100, SPF 150 or higher. Save your money for products that really are worth it! Reapply sun screen frequently and after every swim or change of clothes.

For my twins' faces, I use an affordable product available at CVS that is a clear sunscreen stick with SPF 30. It does not sting the skin, it avoids a pasty-white film on the face, and my twin girls now enjoy applying it to themselves (I just am sure

to "fill in the blanks" if they've missed any spots!)



Be sure to apply sun screen of at least SPF 30 to your kids' faces, necks, arms, hands and any other exposed skin (including the scalp if hair is not yet thick) BEFORE going outside! Have a wonderful summer, protect you and your family's skin and HAVE FUN!

SUN PROTECTION FOR MOMS

Here are some tips and techniques moms can do to help reverse sun damage and to prevent further aging of the skin this spring:

Use a topical product daily that contains a high concentration of antioxidants. My personal favorite is SkinCeuticals Phloretin serum.

Consider an in-office "photorejuvenation" procedure such as IPL (Intense Pulsed Light), a special light-based, non-ablative treatment.

Book a series of medical-grade chemical peels, which naturally exfoliate the top layer of skin for a healthy, revitalized appearance.

Avoid drugstore makeup such as foundation "with SPF", as the level of sun protection is significantly less than you need and the effects do not persist with sweating or throughout the day.

Following your antioxidant serum (applied first after washing your skin in the morning), next apply a broad-spectrum sunscreen containing titanium and/or zinc oxide. My favorite is SkinCeuticals' Physical Fusion SPF 50. I wear makeup overtop and when outside sweating or being active, I carry a final layer of SPF powder to dust overtop (see below). Use a retinol-containing night cream to help smooth out fine lines, stimulate collagen production and reverse of signs of aging. My favorite retinol product is Replenix

5x Smoothing Serum.

Use and regularly reapply a final dusting of SPF powder over your makeup during the day. For all my patients, I recommend a Colorescience mineral makeup brush that has a variety of skin tones (light to very tan) with SPF 30 or SPF 50 protection options. I believe every woman should have one of these sun screen powder brushes in her purse, gym bag, makeup drawer, and in her desk at work, to reapply periodically and avoid a "shine" on the face while maintaining beauty and sun protection!

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THE COMMITTEE RECOMMENDS

Bargain hunters know the thrill of the pursuit of super savings comes in many forms. They may attend sales looking for a great buy on an item you've been searching for, or open to discovering a deal on a buy you never knew you could live without, or seeking out sales on staples and one great splurge. All types of shoppers' desires will be satisfied at the MPOMC Garage Sale.

To help you find inspiration from what others will be selling and shopping for, we asked some of the Garage Sale Committee members to tell us about their past purchases and hopes for future finds.

What are the best items you've ever found at the Garage Sale?

MEG: Two Activity centers that were in excellent shape for under \$40!

YURI: I didn't know what I was supposed to buy for the babies as I was only six months pregnant, so I bought a whole bunch of clothes and blankets. I bought some quality blankets that my boys seem to enjoy. I thought it was nice that everyone wanted to give me advice on what to get at the sale. Other mothers saw I was pregnant, and they told me what would be useful and how to use things that I never knew existed (like a microwave sterilizer).

JOSETTE: Red Radio Flyer Wagon for \$35.

ELSA: Two Aden and Anais muslin sleepsacks for \$5. We were so new to the parenting thing at the last sale, so we talked to other parents at the MPOMC member event and asked them what they really loved/couldn't live without. Best advice we got was to get two Boppy pillows. We still use them a year later!

LEESA: Best score any year were \$1 Baby Einstein DVD's, and the \$30 Baby Bjorn. Best score from last year was a wooden tool bench that my boys are OBSESSED with. The Thomas the Train flashlight was a good pick up too!

CAROLINE: My best score was the double stroller I got when the kids were three months old. It looked new and was only \$140. I checked online and it was \$425. Other than that, it has been getting their wardrobe for a fraction of the price I would at retail. The most fun items were probably the Halloween costumes that I used to fill a big bin. I have done it a few times. The kids love to play dress up all year.

What are you on the lookout for this year?

JOSETTE: Automatic toy organizer.

CAROLINE: Mainly clothes and educational games. The kids are 5 now so not much else is needed at the moment.

MEG: Outdoor toys. Bikes. Helmets.

LEESA: Train tables and stability bikes. A red wagon would also be great!

ELSA: An umbrella stroller and shoes

YURI: Double stroller, Toys

And because you are both a shopper and a seller, how many tags do you expect on using?

CAROLINE: I usually average about 600 - 700 tags since I sell all their clothing from the previous year. With a boy and girl, you end up with lots more stuff.

ELSA: I'm guessing maybe 50-100. My kids tend to ruin their clothes.

LEESA: 200-300. I'm an avid shopper and every year during tagging I tell myself-no way am I going through this again! I need to stop buying them so much stuff that they NEVER wear more than once. But I can't help myself-I just love buying them clothes and shoes.

MEG: 50

TAGGING TIPS

Tagging: it seems to me you either love it or hate it. Or am I the only one that loves it? At any rate, once you get on a roll, you're done before you know it. Now is the time to get your tagging supplies from your local tagging rep. The most important element to the tag, is to make sure your Seller ID is LEGIBLE, which means BIG, BLOCK, LETTERS, on the top and bottom of the tag. My suggestion is to write out all your tags with your Seller ID first so that your handwriting is consistent and in the same pen. That's a huge help behind the scenes when we're trying to decipher tags, if we have to compare them.

Next, put the size on: Again top and bottom (running theme, top and bottom!) because if you don't know the size, then we don't know the size, and the buyer won't know the size. Then it gets misplaced, put in the wrong section, and the chances of it selling are diminished.

Then of course there is the PRICE: You would be surprised how many people forget to put a price on. I know, you're not sure what to price it out, you'll figure it out later, you get distracted, you forget, it never happens. Then someone at the garage sale wants to buy it and someone has to price it, and we may not even know what it is! So price it, and again, make sure it's legible. If you change the price later, if it looks messy and questionable, put a new tag on! It's worth it! You can search Craigslist for "garage sale" prices, sold items on EBAY (note, not the price the auctioneer is asking for...), what it costs new, because prices change. That brand new invention that saved your sanity may now be old news and the price has been slashed. Our shoppers are savvy and if you've priced something according to what you paid for it 2 years ago, you may be picking it up again at the end of the sale. Price to sell! Then you can buy more!

Then the description: Brand, color, what it is. Tags come off. I'm not sure how, when, who, what, but I do know they come off. And we do our best to match them during the sale and again after the sale. And many times it works! But only if you've put a description.

Affix the tag to the item: The best place to put a tag on clothing is on the actual clothes tag. You won't leave a hole in the item and it's the first place shoppers will look for it. The more consistent we are, the faster shoppers can sort through and buy. If you've packaged something in a clear plastic baggie (such as socks, tights, small toys, puzzles), tape just the TOP portion down. This goes for books as well. Be conscious of the fact that we have to pull