

# Meet our experts

Cutting-edge advice is at the heart of our stories—and we're lucky to have a team of health and wellness experts on speed dial. Meet the skin doctor we rely on for anti-ageing wisdom



## Dr Stephen Shumack

A dermatologist and skin cancer specialist, associate professor Dr Stephen Shumack is the medical director of the Skin & Cancer Foundation Australia. In between private consults and supervising training at Sydney's Royal North Shore Hospital, Dr Shumack is also involved in research. What he's working on right now? Non-surgical treatments for skin cancer and teledermatology. Having also been awarded the medal of the Order of Australia for his services to medicine, it's no wonder he's our go-to guy for all things skin.

### What's your best anti-ageing advice for the winter months?

I always tell my clients not to over-shower. It's very easy to have long, hot showers in winter to keep warm, but this can actually wick off naturally occurring oils on the skin and cause it to over-dry. Also, use lots of good-quality moisturisers if you tend to suffer from dry skin.

### What are the main skin issues you see at this time of year?

Most of my clients come to me with dry skin and eczema. When the weather gets cool, the skin loses moisture. Dryness and its complications rear their head.

### Are there any myths about sun protection in winter?

I'd have to say many people don't realise that in Australia the sun is still quite strong in winter. So if you're outside for more than a few minutes, you need to wear sunscreen. This also applies to cloudy days as well. You can still get sunburnt although it will take longer than it does in summer when the UV index is higher. It sounds simple, but protecting your skin from the sun with a good SPF is one of the easiest, cheapest and most effective anti-ageing strategies.

## PREVENTION'S TEAM OF ADVISERS

### GENERAL HEALTH

**Dr Penny Caldicott**, founding GP of Invitation to Health, an integrative medical centre in New South Wales  
**Associate Professor David Colquhoun**, integrative cardiologist at Wesley Medical Centre and Greenslopes Private Hospital in Brisbane  
**Fiona Cosgrove**, wellness coach, trainer and CEO of Wellness Coaching Australia  
**Dr Joe Kosterich**, GP, health-industry consultant, author and motivational speaker

**Dr Vicki Kotsirilos**, holistic GP and founding past president of the Australasian Integrative Medicine Association  
**Dr Geraldine Moses**, consultant clinical pharmacist at Mater Health Services, Brisbane, and visiting lecturer at The University of Queensland and Queensland University of Technology  
**Dr Stephen Shumack**, dermatologist at Sydney's Royal North Shore Hospital and the Skin & Cancer Foundation Australia

### WOMEN'S HEALTH

**Associate Professor John Eden**, reproductive endocrinologist at The University of New South Wales and director of the Barbara Gross Research Unit and the Sydney Menopause Centre at the Royal Hospital for Women  
**COMPLEMENTARY MEDICINE**  
**Emily Bradley**, naturopath and lecturer at Melbourne's Southern School of Natural Therapies and the Endeavour College of Natural Health  
**Marc Cohen**, PhD, professor

of complementary medicine at Melbourne's RMIT University

### FITNESS & EXERCISE

**Donna Aston**, health and fitness expert, specialising in nutrition, exercise prescription and emotional intelligence  
**Professor Kylie Ball**, PhD, expert in nutrition, obesity and physical activity at the School of Exercise and Nutrition Sciences, Deakin University, Victoria  
**Lisa Champion**, exercise specialist and a director of the Australian Fitness Network

### FOOD & NUTRITION

**Geraldine Georgeou**, accredited dietitian and director of Designer Diets  
**Sue Radd**, accredited dietitian, director of Sydney's Nutrition and Wellbeing Clinic

### PSYCHOLOGY & BRAIN HEALTH

**Nicola Gates**, PhD, psychologist and neuropsychologist specialising in positive ageing, principal of Brain and Mind Psychology  
**Paula Robinson**, psychologist, managing director at the Positive

Psychology Institute and mental-fitness expert  
**Marie Rowland**, director and consulting psychotherapist at Talking-Matters in Sydney, specialising in women's issues and couples' counselling  
**Tim Sharp**, PhD, clinical and coaching psychologist, founder and CHO (Chief Happiness Officer) of The Happiness Institute  
**Gordon Spence**, PhD, psychologist, expert in performance and motivation, and lecturer at the Australian Institute of Business Wellbeing

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