

Sun Safety:

Summer is almost over. Please enjoy the remainder of it safely with these tips!

Did you know that the most deadly of all skin cancers will develop on the skin of 44,000 Americans annually. Every year an estimated 7,300 Americans will die from melanoma. This is not to scare you but to warn you and inform you that sun protection is a necessity.

UVB and UVA rays?

UVB: These rays are the ones that cause the suntans, sunburns and skin cancers.

UVA: These rays penetrate more deeply into the skin and cause premature aging and skin cancer.

How to protect yourself from the sun:

- Always use a sunblock: read labels to make sure they protect against both UVA and UVB rays.
 - Ingredients to look for: Zinc Oxide, Titanium Dioxide, Avobenzene, or Helioplex
 - Apply a sunblock of SPF 15 or above
 - Apply 15-20 min before sun exposure
 - Reapply every 2 hours when in the sun and always after you sweat or swim.
 - Remember to apply to the ears, the back of the neck and scalp.
 - ALWAYS apply everyday, even on a cloudy day
- Lip protection:
 - Lip protection is important and often forgotten; there are many lip balms which contain SPF.
 - Men have higher risk factor for skin cancer on the lips
- Eye protection:
 - Always wear sunglasses when outdoors or driving. Prolonged exposure to sun can cause cataracts.
- Protective clothing:
 - a normal t-shirt has an SPF of 8, photo protective clothes with higher SPF ratings are also available
 - always wear wide brimmed hats
 - websites:
 - www.sunprecautions.com
 - www.tilley.com
- Shaded Areas
 - Avoid outdoor activities between 10:00am to 2:00pm. The sun's rays are the strongest.

When to see a dermatologist:

If you have any spot on your skin that change in behavior, bleed, are non-healing or just look suspicious always have your dermatologist take a look at it within 3-4 weeks of noticing it.

If you have anymore questions on sun protection or skin cancer visit www.aad.com (American Academy of Dermatologist)