



# Summer, Sun & Sunscreen

Summer is quickly approaching. Do you know how to protect yourself against the sun's harmful rays?

## Choosing the correct sunscreen... Read the Label

- Choose a "Broad Spectrum" sunscreen (this protects against both UVA & UVB sun rays)
- Use SPF 30 or Higher
- Re-apply every 2 hours; More often if swimming or sweating

Tanning beds and Sun Lamps are a safe alternative to the sun, right? **WRONG!**

Tanning beds expose the user to both UVA & UVB light, the amount of radiation is similar to the sun, in some cases it is stronger.

Studies show that exposure to UV radiation during tanning is associated with an increased risk of melanoma and other skin cancers.

It is estimated that 400,000 individuals are diagnosed with some form of skin cancer every year from indoor tanning.

Other ways to protect yourself against the sun's harmful rays...

- Cover up. Wear protective clothing, wide brimmed hat, etc
- Wear sunglasses that block 99% of UV light
- Stay in the shade, especially between the hours of 10 a.m. and 4 p.m.
- Avoid tanning beds and sun lamps.



Want more information?  
Visit...  
[www.skincancer.org](http://www.skincancer.org)  
[www.aad.org](http://www.aad.org)  
[www.cdc.gov](http://www.cdc.gov)  
[www.mayoclinic.org](http://www.mayoclinic.org)

## May is Melanoma Awareness Month

Did you know?

1 in 5 people will develop some form of skin cancer

1 person dies from melanoma every hour

Melanoma is the 2nd most common form of cancer in women ages 15-29

Melanomas can develop anywhere, but most often develop on areas that are exposed to sun including back, legs, arms and face. Less common areas are on the soles of your feet, palms, and fingernail beds.

### Know you ABC's

When identifying characteristics of melanoma or other skin cancers, think ABCDE

- A-Asymmetry (irregular in shape, both halves appear different from one another)
- B-Border (irregular shaped edges, such as notched or scalloped)
- C-Color change (look for different colors, uneven distribution of color)
- D-Diameter (new growth over ¼")
- E-Evolving (growth over time, changing colors)

**PROTECT THE SKIN  
YOU'RE IN!**

If you notice any unusual changes in your skin, make an appointment with your physician right away. Don't Wait!