



Summer Health News



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Volume 1, Issue 21

July 2017 Newsletter

SLIP, SLOP, SLAP, SEEK AND SLIDE!

Summer is officially in full effect! That means lots of fun in the sun, sunbathing, swimming on the beach and just being outdoors. We need to avoid consequences of overexposure to the sun like sunburns, premature aging of the skin, wrinkling and skin cancer. We can do this by using sunscreen.

What is Sunscreen?

Sunscreens are products combining several ingredients that help prevent the sun's ultraviolet (UV) radiation from reaching the skin. There are two types of ultraviolet radiation, UVA & UVB, that damage the skin. Sunscreens vary in their ability to protect against UVA and UVB. We recommend a broad-spectrum sunscreen offering protection against both UVA and UVB rays.

How to use:

SPF or Sun Protection Factor is a measure of a sunscreen's ability to prevent UVB from damaging the skin. How it works: If it takes 20 minutes for your unprotected skin to start turning red, using an SPF 15 sunscreen theoretically prevents reddening 15 times longer – about five hours.

Who Should Use:

Anyone six months or older should use sunscreen daily. Even those who work or spend most of their time inside. Infants should stay in the shade and wear protective clothing in order to protect from the sun.

Common myth:

If it's cold or cloudy outside, you don't need sunscreen. This is not true. Up to 40 percent of the sun's ultraviolet radiation reaches the

earth on a completely cloudy day. This misperception often leads to the most serious sunburns, because people spend all day outdoors with no protection from the sun.

Pre-tanning before vacation protects you from sunburns.

Tanning salons give you protection that is equivalent to an SPF of 4 or less. But the larger issue is that any change in skin color from tanning is a sign of damage from UV radiation.

Always Check:

Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures

KEY POINTS

- **SLIP** on some sun-protective clothing that covers as much skin as possible
- **SLOP on SPF30+ Sunscreen & Lip Balm**– Make sure it is broad spectrum (UVA & UVB) and water resistant. Apply 30 minutes before you go outdoors and reapply every two hours. Sunscreens should also be reapplied immediately after swimming, towel-drying, or sweating.
- **SLAP** on a hat that protects your face, head, neck and ears
- **SEEK** shade
- **SLIDE** on some sunglasses



American Cancer Society Recommendation

For more information on how to protect yourself against the sun visit:

- https://www.cdc.gov/cancer/skin/basic_info/children.htm
- <http://www.skincancer.org/prevention/sun-protection/sunscreen>

Visit your Doctor or Pharmacy if you have an allergic reaction to any sunscreen products.

