

Sun protection

By Terali Stonebocker, CEO

Protection from the sun has been the number one way to prevent skin cancer for decades. Although it has been an unusual spring and summer so far, awareness and review of protection recommendations are important.

Protection Tips:

- Seek the shade, especially between 10 AM and 4 PM.
- Do not burn.
- Avoid tanning and UV tanning booths.
- Cover up with clothing, including broad-brimmed hat
- Protect your eyes with sun glasses that block 99-100 percent of both UVA and UVB light
- Use a broad spectrum UVA and UVB sunscreen with SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum sunscreen with SPF of 30 or higher.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every 2 hours or immediately after swimming or excessive sweating.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of 6 months.
- Examine your skin head-to-toe every month.
- See your medical provider every year for a professional skin exam.

More information on prevention can be found on the Skin Cancer Foundation website.

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>

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