

Sun Safety



Why Should I Care?



What Do I Need to Know?

Why Bother?



- Skin cancer is the most common cancer in the US (50% of all cancers)
- Sun exposure causes more than 90% of all skin cancers
- 1 in 5 Americans will develop melanoma in his/her lifetime
- Skin cancer kills one person per hour in the US, mainly from melanoma

Medications and the Sun



- List of medications that potentially increase sun sensitivity is extensive!
 - These drugs termed photosensitizing agents
- Some medication classes to consider:
 - Antibiotics
 - Topical acne agents
 - Blood pressure meds
 - Diabetic meds
 - Antidepressants
- Talk to your doctor or pharmacist before taking any prescription or over-the-counter medication

Save Your Skin

- Avoid sunlamps and tanning beds (They are no safer than the sun!)
- **USE SUNSCREEN!!!**
 - Apply correctly (see adjacent page)
- Wear protective clothing
- Avoid sun from 10 a.m. to 4 p.m.
- Practice skin self-examination at least every three months: contact a doctor if you spot anything suspicious

Lather Up!



- Use a sunscreen with at least SPF 15 for **all outdoor activities**
- Use sunscreen **daily** when using any photo-sensitizing agent
- Apply **daily** to **all exposed skin** 20-30 minutes before going out
- Proper amounts:
 - 1 ounce (shot glass full !!!) on body
 - 1 teaspoon on face
 - 1 teaspoon on neck

Sunscreen Info

- SPF rates sunscreen's ability to screen out UVB rays; no rating standards for UVA rays
- Use product that covers UVA as well as UVB rays
 - Products containing avobenzone, titanium, or zinc
- Must reapply frequently!
- **Water-Resistant** = reapply every 40 min.
- **Very Water-Resistant** = reapply every 80 min.
- Sunscreens Expire !!!!
 - Check expiration date