Is Sun Bad For Me?

- The body synthesizes Vitamin D by absorbing UV light through the skin.
  - Vitamin D is beneficial against osteoporosis, heart disease, breast cancer, prostate cancer, and colon cancer.
  - Protects against depression, insomnia, and an overactive immune system.
- Recommended to get about 10 min/day of sunlight (not artificial) during the summer.
  - [15-20 min/day if darker skinned]
- 2,000 IU supplement of Vit D in the winter.

Why do I need Sunscreen?

Sunburns, skin cancer, your life will never be the same and everyone can tell.


Are Sunburns That Bad?

- Sunburns are thermal burns due to overexposure to UV radiation.
  - Often superficial, but can reach deep into the dermis and cause irreversible damage.
- Sunburns to eyes, ear, and face are considered major burns.
- Sunburn weakens the skin and increases risk of skin cancer.

What is Skin Cancer?

- The most common of all cancers - over 1 million new cases occur annually.
- Nearly half of all Americans who live to age 65 will develop skin cancer at least once.
- Non-melanoma cancers (basal cell or squamous cell carcinoma) are the most common type of skin cancer, but they have a very high survival rate if detected and treated early.
- Melanoma skin cancer is much more deadly because it quickly spreads to other parts of the body.
- It is recommended that everyone inspect their skin on a regular basis and note any changes.

The best defense is to protect yourself from the sun!

What Increases My Risk for Skin Cancer?

- Unprotected and/or excessive exposure to UV radiation (leading cause).
- Fair complexion.
- Age.
- Family History.
- Multiple or atypical moles.
- Severe sunburns as child.

Protect Yourself!

- Avoid the sun between 10 a.m. and 4 p.m.
- Wear protective clothing (T-shirts, hat, sunglasses, etc.)
- Apply sunscreen SPF 15+ generously even on cloudy or overcast days.
- Avoid tanning beds.

What If I Can’t Find the Right Sunscreen for Me?

What is Sunscreen?

...a chemical agent that helps protect the skin from the sun’s ultraviolet (UV) radiation.

Ingredients:

- Chemical
  - Reflect, scatter and absorb both UVA and UVB radiation
  - Examples: avobenzone, octocrylene, octisalate
- Physical
  - Reflect, scatter and absorb both UVA and UVB radiation
  - Examples: titanium dioxide, zinc oxide
- Inactive
  - Appearance (white, clear)
  - Scent (coconut, non-scented)
  - Texture (lotions, creams, gel)
  - Chemical Stability (waterproof, sweat proof)

What Will These Sunscreens Protect?

<table>
<thead>
<tr>
<th>SPF</th>
<th>% of UVB Rays Protected</th>
</tr>
</thead>
<tbody>
<tr>
<td>SPF 15</td>
<td>93%</td>
</tr>
<tr>
<td>SPF 30</td>
<td>97%</td>
</tr>
<tr>
<td>SPF 50</td>
<td>98%</td>
</tr>
<tr>
<td>SPF 100</td>
<td>99%</td>
</tr>
</tbody>
</table>

How Do I Properly Use Sunscreen?

- Apply to dry skin 15-30 minutes before going outdoors.
- Re-apply sunscreen every 2 hours or immediately after swimming or sweating.

I'm Burned, Now What?

- Avoid further exposure to sun!
- Prevent future sunburns.
- Apply cool damp cloth or take a cool bath.
- Apply soothing lotions containing aloe vera (ex. Solarcaine Aloe Extra Burn Relief Gel/Spray)
- Topical pain and swelling use 1% hydrocortisone cream.
- If pain still persists take oral NSAIDs (ex. Tylenol, Ibuprofen, Aleve, or Aspirin).
- Another option is local anesthetics (ex. Solarcaine, Americaine, or Xylocaine).

When Do I Need to See a Doctor?

- If you find a skin growth that increases in size.
- If a skin spot hurts, itches, or bleeds.
- If a skin growth: Changes color.
  - Increases in size or thickness.
  - Is irregular in shape.
  - Larger than 1/4” in diameter.
  - Appears after adolescence.

Do Not Overlook It or Delay Seeing a Physician

What If I Need Help Choosing Sunscreen?

Pharmacies are there for YOU!

- What Questions to Ask Your Pharmacist?
  - What does SPF, UVA, and UVB mean?
  - Which products protect against UVA and UVB rays?
  - Are there water-proof sunscreens available?
  - How and where should I apply it?
  - When should I apply and how much sun?

How Can I Learn More?

- Consult your local pharmacist.
- Consult your physician.
- Go to reputable sites: FDA, AAD.org - American Academy of Dermatology, SkinCancer.org, Skin Cancer Foundation.
- Sites to be wary of - Environmental Working Group.