

Doctors Direct Healthcare, Inc.

It's Getting Hot Outside!

Enjoy the Warm Days Without Doing Harm

Your skin is the largest organ of the human body. It is your first line of defense against everything from germs to UV damage.

MYTH: "I need to get a base tan to be safe from sunburn during the summer"

FACT: Any change in skin color is the body's natural reaction to exposure to ultraviolet (UV) rays: It's visible proof that the skin is damaged. Repeated exposure to UV rays increases your risk of premature skin aging and skin cancer.

MYTH: "The tanning bed is a safe way to get a tan"

FACT: Exposure to tanning beds before age 30 increases a person's risk of developing melanoma by 75%, and younger people who regularly use tanning beds are eight times more likely to develop melanoma than people who have never used them. Occasional use of tanning beds triples their chances.

MYTH: "This sunscreen is waterproof so I can play in the pool all day without reapplying"

FACT: New FDA regulation states sunscreen is water or sweat *resistant*, not *proof*. Reapply as directed on the packaging.

MYTH: "As long as I don't get a sun burn, my skin isn't getting any damage"

FACT: There is no such thing as a safe tan. Once skin is exposed to UV radiation, it increases the production of melanin in an attempt to protect the skin from further damage. Melanin is the same pigment that colors your hair, eyes, and skin. The increase in melanin may cause your skin tone to darken over the next 48 hours.

MYTH: "Skin cancer is no big deal, you just cut it off and that is all you have to worry about, its not a serious cancer"

FACT: There are three types of skin cancer: squamous cell, basal cell and melanoma. The last, melanoma, has a high rate of metastasis and is very difficult to treat. Every hour, someone dies from melanoma.

MYTH: "People of color are not at risk for skin cancer"

FACT: Skin cancer affects people of all races.

MYTH: "Skin cancer only happens to old people"

FACT: In ages 15– 30, Melanoma is the second most common cancer. It can happen to anyone, no matter their age or race .



ABCDE's of mole watching

- A. Asymmetric shape**
- B. Border is Irregular**
- C. Color: more than one color present**
- D. Diameter: larger than a pencil eraser**
- E. Evolving: changes**



Questions?

Please call us at 1.877.503.0388 Ext. 1 ask for Debbie, Kim, or Aileen.

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Now that you know **WHY** you should take care, here is some information on **HOW** to take care.

Summer Safety check:

1. Sunscreen
2. Insect repellent
3. Emergency numbers
4. Medication and medical supplies
5. Weather appropriate gear
6. Proper fitting foot wear

1. Avoid the sun between the hours of 10 am and 4pm when the sun's rays are the strongest. If this is not practical, go to the next steps.
2. Apply sunscreen properly. Apply about 30 minutes before you are going outside. Apply to your ears, your nose, your lips, make sure to reapply every two hours and an adult should use at least 2 ounces of product. SPF 15 or greater. Be sure to use one labeled broad spectrum.
3. Wear a hat. Now is a great time to express your personality and fashion sense and be an individual, just be certain it covers your neck and eyes and face.
4. Wear sunglasses. Did you know you can get melanoma in the eyes? Wear sunglasses that protect from UVA and UVB.
5. Wear sun protective clothing. When you are not out in a swimsuit, wear clothing that provides UPF of 15+.
6. Avoid artificial tanning. Tanning beds expose to damaging rays. If you want to look bronzed, try the sunless tanning lotions or even a spray tan. Or better yet, enjoy the natural color of your skin. Pale is In!
7. Check your skin. No matter how careful we are, sunburns happen, especially on children. Sometimes we miss a spot or they do not sit still for reapplying or wash it off in the water. Keep an eye out for burns before they get severe.

NEW FDA RULES FOR SUNSCREENS

While these rules were to go into effect this year, manufacturers of sunscreens stated they needed more time for the changes. So the products on the shelves may or may not be the best you can do for you and your family. Here are the new changes and what to look for.

WATER PROOF: Now says Water/ Sweat **RESISTANT**. Reason for change: people would think this meant that they didn't have to reapply their sunscreen at all. So now you know, it is resistant to the water or sweat but please, reapply according to the label!

UVA protection: Now you want to find a product that says either UVA/UVB protection or broad spectrum. This is very important as both are a source of damage to the skin that can cause cancer.

