

# PROTECT YOUR SKIN AND PREVENT CANCER

May 2013

## NEWS YOU CAN USE

### Do Not Forget These Other Great Resources:

Healthwise® Handbook, the 24-Hour Nurse Line, Nurse Online Chat, Audio Health Information Library® and you can go online to [www.express-health.com](http://www.express-health.com) for links to reliable health information.

### Challenge:

Set good intentions by stocking up on new sunscreen.

[www.skincancerprevention.org](http://www.skincancerprevention.org)  
[www.skincancer.org](http://www.skincancer.org)  
[www.cdc.gov](http://www.cdc.gov)  
[www.aacr.org](http://www.aacr.org)  
[www.prevention.com/health](http://www.prevention.com/health)  
[www.glamour.com/health-fitness](http://www.glamour.com/health-fitness)

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Have you been to the ballpark or zoo recently or any other outdoor event? Did you remember to wear sunscreen? Did you protect your children on the playground? It is easy to remember when going to the beach or pool on a sunny day, but sometimes it is the day to day activities when we forget to protect ourselves from the sun. Even overcast skies and cool days have the potential to damage our skin.

We have all heard how dangerous sun exposure and tanning beds are, but have you been taking the warnings seriously? Skin cancer is the most common cancer in the United States, and melanoma rates are up (the most serious form of skin cancer). The good news is skin cancer is largely preventable, but we have to take the warnings seriously and adhere to the guidelines. Here are some of the most common sun care mistakes.

### NOT ENOUGH SUNSCREEN

It takes at least 1-ounce of sunscreen to cover your entire body. You should aim to generously cover all the exposed areas of your skin including scalp lines, neck, chest and backs of hands. Look for a broad spectrum UVA/UVB sunscreen. UVA and UVB are the two types of ultraviolet radiation (UVR) that enter our atmosphere from the sun. Both rays damage our skin. Adults and children should wear SPF 15 or higher for every day, but for extended outdoor activity use water resistant SPF 30 or higher. If you are staying out in the sun, reapply every two hours and immediately after swimming or sweating. Also, do not forget to use a UV protective lip balm.

### "IT'S JUST ONE BURN" MENTALITY

It only takes one blistering sunburn in childhood or adolescence, or five mild sunburns over the course of your life, to more than double your chances of developing melanoma. Seek shade during peak sun hours of 10a.m.- 4p.m. Wear protective clothing. Dark or bright colored clothing absorbs the most UVR. Protect your eyes and eyelids from cataracts and melanoma with wraparound sunglasses that effectively shields the eyes and surrounding skin. Most sunglasses and transitional lenses sold in the U.S. block UVA and UVB rays. Protect the face, ears and back of the neck with a hat with a brim of 3" or greater.

### TANNED SKIN OBSESSED

Even in 2013, tans are still viewed as desirable, but tanned skin is not safe! When skin is overexposed to UVR, our DNA is damaged and can lead to cancer causing mutations. A tan is the skin's attempt to prevent further damage by creating a wall of darker pigment. Tanning bed users are 74 percent more likely to develop melanoma than those who have never used a tanning bed. They also have a 69 percent increased risk for early-onset basal cell carcinoma (the most common form of skin cancer).