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Sun Protection Tips

UV radiation from the sun can cause:

- Premature aging - wrinkles and sun spots
- Cataracts and macular degeneration - wear sunglasses to protect your eyes!
- Skin Cancer

Skin protection:

- Avoid tanning. Tanning results in premature aging of the skin as well as significantly increasing your chance of developing skin cancer. If you like the look of a tan, consider using a sunless self-tanning product. These products do not protect skin from the sun, so a sunscreen should be used.
- Get vitamin D safely through a healthy diet that includes vitamin supplements. Don't seek the sun.
- Apply sunscreen with a SPF of at least 30 to all exposed skin every day.

To apply sunscreen:

- Don't forget your ears, nose, neck, hands, and toes when applying sunscreen. Protect your lips, another high-risk area, with lip balm that offers sun protection with an SPF of 15 or higher
- Sunscreens should be applied at least 15 minutes before going outdoors, and reapplied every two to three hours.
- Reapply sunscreen after sweating or swimming.

When out in the sun:

- Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses, where possible. The tighter the weave, the more sun protection provided by the clothing.
- Wear a wide-brimmed hat to protect your face and neck.
- Avoid the sun between 10 a.m. and 4 p.m.
- Check your birthday suit on your birthday. If you notice anything changing moles, growing lesions, or bleeding on your skin, see a dermatologist.