

NATIONAL SKIN CANCER FOUNDATION CANCER PREVENTION TIPS

(www.skincancer.org)

- **Seek the shade**, especially between 10 AM and 4 PM.
- **Do not sunburn.**
- **Avoid tanning and UV tanning beds.**
- **Cover up with clothing**, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Apply 1 ounce** (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.
- **Examine your skin** head-to-toe every month.
- **See your physician every year** for a professional skin exam.

For more information about health events, go to www.HealthTent.org.



Daily Prevention of Skin Aging

1. Use a cream cleanser. If you keep the skin clean without over-drying it will remain stable and reduce the risk of irritation.

2. Follow with a moisturizer containing sunblock during the day. Use products that protect against both UVA and UVB rays.

The Sun produces UVB and UVA rays. It is exposure to both of these rays that causes skin damage. While higher-energy UVB (higher-energy) rays are the primary cause of sunburns and pre-cancerous DNA mutations, UVA (lower-energy) rays cause tanning and more subtle damage. They also penetrate deeper into skin tissue and are most responsible for generating free radicals – energized molecules that are highly reactive and can damage DNA and skin cells, promote skin aging, and cause skin cancer.

3. At night, apply an anti-aging product. Look for the following active ingredients: glycolic, ascorbic or retinol. This helps the skin cell turn-over to be more regular.

What the Black-Light Face Scan Reveals:

Bluish White	Normal Skin
White Spots	Thick or dead skin
Dark Purple	Sensitive, thin or dehydration
Brown Spots	Pigmentation from sun- exposure
Light Purple	Dry Skin
Orange	Oily Skin
Light Yellow	Acne