

PREVENTION OF AGING AND SKIN CANCER

1. Know your risk factors
2. **USE SUNSCREENS** — sunscreens also allow for repair of damaged skin.
3. Cover up
4. Avoid sun between 10 a.m. and 2 p.m.
5. Monthly self exam for suspicious moles
6. Yearly exam by physician — be sure to mention any areas you are concerned about.

RECOMMENDED SUNSCREEN SPF — SP 15 OR GREATER NO MATTER WHAT SKIN TYPE

SUNSCREEN FORMULATIONS

1. Cream or lotion preferred — tend to remain on skin better; best if swimming or sweating
2. Water-resistant/water proof
3. Most effective sunscreen — PABA/benzophenone combination
***Note:** It is very rare for children to be allergic to PABA.
4. Most sunscreens are not tested on children less than 6 months of age, which is why the labels say "for use in children over 6 months of age."

NON-STINGING SUNSCREENS

1. Ti Screen
2. Supershade (specifically the nonstinging formula)
3. Sundown (not the ultraprotection formula)

NON-COMEDOGENIC FORMULATIONS (do not contribute to or aggravate acne)

1. Total Eclipse
2. Supershade

This information is provided to you by your pediatrician and the Greater Dallas Pediatric Society. Our thanks to Lynne J. Roberts, M.D., Assistant Professor of Dermatology and Pediatrics, University of Texas Southwestern Medical School.

These are the facts to explode the common myths about sun exposure:

FACT #1 Suntan preparations do not increase your tanning; in fact, nothing makes you tan any faster.

FACT #2 Sunscreens do not prevent tanning.

FACT #3 Remaining in the shade will not prevent sunburn. (50% burning rays are reflected)

FACT #4 You can get burned on a cloudy day — only about 15% of the burning rays are blocked by the clouds.

FACT #5 You can get burned on a cool day (especially snow skiers).

FACT #6 Tanning salons are **not** a safe way to tan.

FACT #7 80% of lifetime sun exposure occurs before age 20.

SUN FACTS

What are the main risks associated with sun exposure/tanning salons?

1. Skin Cancer — one serious childhood or adolescent sunburn doubles the risk of skin cancer.
2. Aging, wrinkling, cataracts

Who is at risk for skin cancer? Individuals . . .
. . . with fair skin, outdoor workers, residents in South/SW, family history of skin cancer.

Environmental factors that increase the sun's intensity:

1. Higher altitude
2. Angle of the sun — strongest intensity between 10 a.m. and 2 p.m.
3. High humidity — allows more penetration of sun's rays through skin
4. Reflectance/scatter (sand, snow, water)