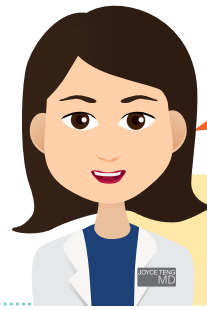


# SHIELD YOURSELF WITH SUNSCREEN & PREVENT SKIN CANCER



It's easy to protect yourself from UV rays!

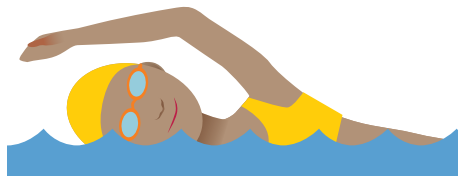
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## SHEDDING LIGHT ON SUNSCREEN

### BROAD SPECTRUM SUNSCREEN

protects you from two harmful types of UV light — UVA and UVB. UVA rays can prematurely age your skin while UVB rays can burn your skin. Too much exposure to either type can cause skin cancer.

### SWIMMING OR SWEATING?



Reapply sunscreen every 2-3 hours if you are in the pool or playing hard outdoors.

### WATER OR SNOW = MORE UV RAYS

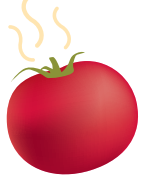


Surfaces like water and snow increases the amount of UV radiation to the skin.

### WATER RESISTANCE

sunscreen that stays on your skin longer, even if it gets wet. No sunscreen is "waterproof" because all sunscreens eventually wash off.

### WHAT DOES SPF MEAN?



**Sun Protection Factor** is an estimate of how well the sunscreen will protect you from becoming a fried tomato. **30+** is best.



## THE SUN IS STRONGEST BETWEEN 10AM AND 4PM



### PROTECTIVE CLOTHING

Add protection by wearing a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.



**PROS:** Convenient & quick!

**CONS:** Hard to see  
Easily wasted  
More expensive

## SPRAY VS. LOTION

**PROS:** Easy to see  
Lasts longer  
Less expensive

**CONS:** Takes longer to dry

## COVER UP BECAUSE CANCER IS NO JOKE

### WHAT IS MELANOMA?

Melanoma is the most dangerous type of skin cancer. Indicators include a change in shape or color to an existing mole or a new lump on the skin that looks unusual.

**74,000** NEW CASES  
of melanoma are expected in 2015.

### MORE CASES EVERY YEAR



For the last 30 years, the rate of occurrence for melanoma has risen.

### HYPOALLERGENIC OR FRAGRANCE FREE

products are the best for children with sensitive skin.

### CHECK YOURSELF MONTHLY



Anything new or different about your skin? Look for a change in the size, shape, color, or elevation of an existing mole or if it looks different from other moles, feels itchy, hard, bumpy, swollen, or tender to the touch.

### VISIT A DERMATOLOGIST

If you see any unusual skin changes, be sure to visit your dermatologist.