

## Summer Sun Rules

It's that time of year again! The days are longer, the temps are warmer, and with that, we see the sun again. Even though we live in a northern latitude, it is so important to wear sunscreen daily from April through October. There are many reasons to wear a daily sunscreen, but let's review:

**Skin cancer prevention-** Skin cancer (specifically, basal cell carcinoma) is the most common cancer in humans. Although easily treated, the more dangerous forms of skin cancer, like melanoma, can lead to the need for more challenging treatments. Being diligent about sun protection can decrease your risk of developing skin cancer.

**Accelerated aging-** Sun exposure leads to wrinkling of the skin, increased skin laxity (sagging) and other effects such as telangiectasias, angiomas and sun spots. Protecting yourself from the sun can slow the process of skin aging.

**Burning-** Unsightly, and not to mention, painful, sunburns are absolutely no fun! And they are absolutely preventable. Remember, there's not only the short term pain, but the long term increase in risk of skin cancer with each sunburn.

Now that you know why, let's review how to properly use sunscreen, along with other options for sun protection:

**Sunscreen-** Use a sunscreen with SPF 30 or higher. Be sure to reapply every two hours, or after swimming or sweating (whichever comes first).

If you have trouble tolerating a sunscreen, look for formulas with 'physical blockers', like zinc oxide or titanium dioxide. These are gentle on the skin and highly effective. Be sure to protect easy-to-forget areas like the part (or bald spot) in your hair, behind your ears and the tops of your feet.

**Shade-** Don't forget to seek the shade, especially between the peak hours of 10am-2pm. Solid structures, like an awning, are better shade providers than a pergola or tree.

**Sun protective clothing-** This can be a nice option for sun protection. There are multiple companies that specialize in sun protective clothing (Coolibar, Solbar), but also many mainstream clothing companies offer UPF, or ultraviolet protection factor, in their clothes. Look for hats, swim suits and rash guards with this option.

Stay sun safe and have fun everyone!

Meredith Price MD



# SkinCeuticals C E Ferulic

This is a brand new product to the store and features a synergistic antioxidant combination of 15% pure vitamin C, 1% vitamin E, and 0.5% ferulic acid to strengthen skin's natural protection from free radicals induced by environmental stressors such as UVA/UVB, infrared radiation, and pollution, which may lead to visible signs of accelerated skin aging. The ferulic acid aids in exfoliation and absorption of the vitamin C. Please call or visit our Fort Gratiot office to find out more information regarding this product.



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