

[IMAGE]

Protect Your Skin This Summer

May is Skin Cancer awareness month. This month, is a good time to be aware of the dangers involved in too much sun exposure.

In order to minimize your risk of skin cancer, there are many essential tips you should follow. The first step you should take is use a sunscreen with an SPF 15 or higher as one important part of a complete sun protection regimen. However, sunscreen alone is not enough. According to the Skin Cancer Foundation, these tips should also be followed for additional protection:

- Seek the shade, especially between 10 AM and 4 PM.
- Do not burn.
- Avoid tanning and UV tanning booths.
- 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.
- sunscreen - Copyright â Stock Photo / Register Mark 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.

You should also remember to see your doctor every year for a professional skin exam. These are simple steps that will help you ensure your overall skin health is not affected by harmful diseases such as melanoma.

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