

## Sun Protection Instructions

**Two Americans die of melanoma almost every hour. In 2021, it is estimated that 7,180 deaths will be attributed to melanoma — 4,600 men and 2,580 women.**

- **Generously apply sunscreen** to all exposed skin using a Sun Protection Factor (SPF) of at least 30 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. It is not enough to just look at the SPF. Look for ingredients that include at least one of the following:
  - Zinc Oxide- at least 5%
  - Titanium Dioxide
  - Avobenzone (Parsol 1789) – To be stable and effective it must be combined with greater than 3.6% of Octocrylene.
  - Ecamsule (Mexoryl SX)

Apply the sunscreen 30 minutes before exposing your skin to the sun.

Re-apply every two hours, even on cloudy days, and after swimming or sweating.

- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, where possible.
- **Seek shade** when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 4 p.m.
- **Use extra caution near water, snow and sand** as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- **Get vitamin D safely** through a healthy diet that includes vitamin supplements, a daily dose of 1000 IU/d. Don't seek the sun.
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look like you've been in the sun, consider using a sunless self-tanning product, but continue to use sunscreen.
- **Check your skin once a month.** If you notice anything new, changing, growing, or bleeding on your skin, call our office. Skin cancer is very treatable when caught early.
- **Take vitamin B3.** Studies have shown that taking Vitamin B3 (Niacinamide), 500mg twice daily, can reduce the risk of developing pre-cancerous growths and skin cancers. Do not take niacinamide if you take a statin.