

Practice sun safety as part of your daily training regimen!
It can save your skin...and potentially save your life.



“Did you know that runners may face a heightened risk of developing skin cancer due to prolonged sun exposure and the special challenges of protecting the skin while running and perspiring? Daily sun safety and skin cancer prevention are an absolute *must* for runners, even on cloudy Chicago days and especially while running along Lake Michigan—which magnifies the sun’s harmful rays and creates ‘double trouble’. Skin cancer is the most common, yet most preventable, form of cancer in the United States, so take daily measures to run safe...it can save your skin and potentially save your life.”—*Dermatologic surgeon Rebecca Tung, MD, Loyola University Medical Center Division Director*

DR. REBECCA TUNG’S TOP TEN TIPS FOR RUNNING SAFE IN THE SUN

1. 30 minutes before going out for your run, apply a broad spectrum (UVA and UVB) waterproof sunscreen with an SPF of 30 or higher. There are many sunscreens formulated for sensitive skin that don’t have irritating ingredients that may be well-suited for your running lifestyle.
2. Use a ping-pong ball sized amount of sunscreen (one ounce) to cover your entire body.
3. Re-apply every two hours – even on a cloudy, overcast or cool day, particularly when running near the water!
4. Completely coat all exposed areas of your face and body. Don’t forget the ears, neck, nose, shoulders, and the backs of your hands, arms, and legs.
5. Cover your lips with a sun protective lip balm that contains an SPF of 30 or higher.
6. Check expiration date on your sunscreen and remember that if you are using sunscreen properly, it should not last more than one season.
7. Seek shade whenever possible on the running trail and whenever outdoors.
8. Wear a broad-brimmed hat (preferably at least two inches with a back flap) instead of a regular baseball cap to help protect your face, ears and neck.

9. Protect your eyes with UV-protective sunglasses.

10. Wear UPF-rated sun protective running clothing as often as possible.



Dr. Tung is shown checking a spot on a Chicagoan runner's leg during a free skin cancer outreach in Chicago recently. Remember, skin cancer is highly treatable if caught early, so see your board-certified dermatologist at least annually for a thorough skin check!

SKIN CANCER PREVENTION ESSENTIALS

Examine your skin once a month or have your skin thoroughly examined by a board-certified dermatologist at least once a year, or as recommended by your dermatologist.

Any area on your skin that crusts, bleeds, or does not heal after two weeks requires immediate attention from a dermatologist. If caught early, most skin cancers can be cured.

Know THE ABCDE'S of Melanoma

IMPORTANT: If any mole shows signs of one of the following, it should be examined promptly:

A is for **Asymmetry**: if one half of the mole is unlike the other half.

B is for **Border**: if the mole's border is irregular, jagged or poorly defined.

C is for Color: if the mole's color is varied from one area to another or has multiple shades including tan, brown, black or even white, red or blue.

D is for Diameter: if the mole grows wider than the size of a pencil eraser.

E is for Evolving: if the mole bleeds, hurts, itches, or stands out as different from the rest.

ADVICE FROM A MARATHON COACH



“After my own surprising run-in with skin cancer, now, whenever I go out on a run, sunscreen is as important to me as water or nutrition. As runners, we’ve got to treat skin cancer prevention and sun safety as priority health concerns. So examine your own skin regularly, go see your dermatologist at least once a year and if you do see a spot, get it checked out right away— don’t put it off! **Don’t run any risks with your skin and your life. Do run safe!**”

Chicago-based marathon coach Ross Forman

Now a sun safety advocate, after his own brush with skin cancer that was discovered on a training run through Dr. Tung’s skin cancer screening outreach

This community outreach service is presented by the Women’s Dermatologic Society and supported by La Roche-Posay.

