


Sun Safety Tips for **Outdoor Enthusiasts**

Make sun safety a way of life!

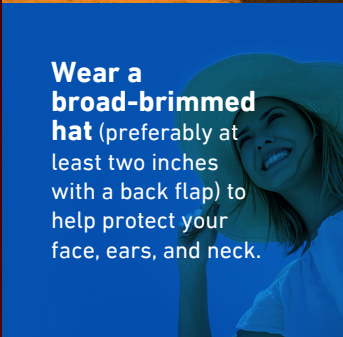


30 minutes before going outdoors, apply a broad spectrum (UVA and UVB) sunscreen with an SPF of 30 or higher.

- Use a ping-pong ball sized amount of sunscreen (one ounce) to cover your entire body. Completely coat all exposed areas of your face and body.
- Re-apply every two hours- even on a cloudy or cool day.
- If you are swimming, make sure to re-apply as soon as you get out of the water.
- Cover your lips with a sun protective lip balm that contains an SPF of 30 or higher.




Seek Shade whenever possible.



Wear a broad-brimmed hat (preferably at least two inches with a back flap) to help protect your face, ears, and neck.



Protect your eyes with UV-protective sunglasses.



Wear sun protective clothing (for example, tightly woven cotton or clothing with UPF) including long pants and long sleeved shirts as often as possible.



Schedule a skin exam with your board certified dermatologist!

www.womensderm.org

Know the ABCDE's of Melanoma



If your mole shows one of the following signs it should be examined promptly.

Examine your skin once a month and have your skin thoroughly examined by a board certified dermatologist.

Any area on your skin that crusts, bleeds or does not heal after two weeks requires immediate attention.

Each day 9,500 people in the U.S. are diagnosed with skin cancer. If caught early, most skin cancers can be cured.



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Women's
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PLAY
SAFE
IN THE
SUN

A

Asymmetry: if one half of the mole is unlike the other half



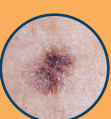
B

Border: if the mole's border is irregular, jagged or poorly defined



C

Color: if the mole's color is varied from one area to another or has multiple shades



D

Diameter: if the mole grows wider than the size of a pencil eraser



E

Evolving: if the mole changes in appearance over time or bleeds and scabs



**Have you
checked your
skin this month?**

Place the indicator over each mole. If the mole is larger than the 6mm hole, schedule an appointment with your board certified dermatologist.

Each month take note on any changes in size, shape, color, or texture and report any findings to your doctor.