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.

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 ABCDEs of Melanoma

- **A** (Asymmetry): If one half of the mole is unlike the other half, schedule an appointment with your board-certified dermatologist.
- **B** (Border): If the mole’s border is irregular, jagged, or poorly defined, schedule an appointment with your board-certified dermatologist.
- **C** (Color): If the mole’s color is varied from one area to another or has multiple shades, schedule an appointment with your board-certified dermatologist.
- **D** (Diameter): If the mole grows wider than the size of a pencil eraser or has multiple shapes, schedule an appointment with your board-certified dermatologist.
- **E** (Evolving): If the mole changes in appearance over time or bleeds and scabs, schedule an appointment with your board-certified dermatologist.

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.
- Examine any area on your skin that crusts, bleeds, or does not heal after two weeks. Require 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.

Each month take note on any changes in size, shape, color, or texture and report any findings to your doctor. If caught early, most skin cancers can be cured.