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Sun Protection

- Avoid sun exposure during the most intense period of the day (10 am – 4 pm). Hazy and partly cloudy days are just as damaging. Stay in the shade when possible. Check the length of your shadow – stay out of the sun if your shadow is shorter than you are.
- Try to cover up. An act as simple as wearing a broad-brimmed hat can significantly reduce exposure to the parts of the human anatomy where skin cancer is most common (nose, lips, and ears). Wear long sleeves. The best clothing is a tightly woven cloth. Dark colors give the most protection
- For sun protective clothing, contact – SUN PRECAUTIONS, 2815 Wetmore, Everett, WA 98201, 1-800-882-7860.
COOLIBAR 2401 Edgewood Ave S., Minneapolis, MN, 55426 1-952-922-1445 www.coolibar.com
- Sunglasses with UV protective lenses should be used for eyes to reduce the risk of cataracts. And especially for wrinkles around the eyes.
- Avoid reflective surfaces like white boat decks, sand and snow. Wear a T-shirt when snorkeling. UV penetrates water.
- Ultra short shave haircuts are going to generate thousands of skin cancers on ears in the next thirty years. This is totally avoidable.
- OSHA RULE 29 CFR 1910.132 (a) requires employers to protect employees against overexposure to the sun's radiation if the employee is exposed to sun and radiation as a result and nature of the job.
- Use moisturizers with a broad spectrum sun block daily to sun exposed skin. Broad spectrum blocks cover both the tanning and burning ray (UV-B) and the deeper aging ray (UV-A). These products should be applied year round even on cloudy or raining days. The SPF number (Suntan Protection Factor) only measures the degree of protection against the UVB ray.
- Most people should use a broad-spectrum sunscreen with SPF 30 minimum and preferably SPF over 55 if they expect unavoidable sun exposure. Select a water resistant product to re-apply every hour if you anticipate swimming or perspiration.
- Apply the equivalent of a half to one teaspoon of the broad-spectrum high SPF sunscreen to your face. Apply the same amount to each arm and exposed areas of the shoulders and neck (when wearing an open-necked T-shirt). Apply the equivalent of between one and two teaspoons to each leg and two teaspoons to the upper body when you expose more skin. Remember there are 6 teaspoonfuls to an ounce. An 8 ounce bottle of sun block should NOT last all summer. Topical Retinoids are also used as adjunctive agents to improve the photoaged skin.
- Be aware of your skin. If you notice signs of short-term reddening or longer-term photoaging – wrinkling, dryness – you are already in trouble. Minimize further exposure to sunlight (though it is a good idea to minimize such exposure long before such signs appear).
- Call our office if any new, changing, rough, discolored, crusty, bleeding, bumpy spot appears.

REMEMBER

AVOIDING SUN IS STILL THE BEST POLICY

SUNSCREENS ARE DESIGNED TO PROTECT YOU AGAINST UNAVOIDABLE SUN

SUNSCREENS ARE NOT SUPPOSED TO BE USED TO INCREASE YOUR TIME IN THE SUN

TANNING BEDS CAUSE INCREASED SKIN CANCER AND AGING OF THE SKIN -- THERE IS NO "SAFE TAN"

Tanned skin (from out-of-doors or a tanning parlor) is a sign that the skin has been damaged. **Skin will not tan unless it has been injured.** The sales pitch that tanning beds offer a "safe tan" is not true. The bulbs used in tanning beds emit 2-3 times the intensity of UVA radiation that the earth receives from the sun, and emit UVB as well. An individual who is exposed to tanning bed radiation for 30 minutes receives sun damage equivalent to that obtained during an entire day spent "baking" at the beach. The regular use of tanning beds greatly increases the risk of skin cancer and accelerates premature aging of the skin. Experts have wondered "Why buy skin cancer when you can get it for free?"

Getting a 'base tan' is about as useful to prevent skin cancer as a few puffs on a cigarette is to prevent lung cancer.

For anyone who is avoiding sun, vitamin D3 supplements are wise. A typical adult needs vitamin D3 at least 1000 IU per day and present recommendations are up to 2000 IU per day. Look up www.swansonvitamins.com Order SW1030. Calcium is available in soy milk, green vegetables, even in supplemented orange juice, but there is usually enough calcium in your regular diet as long as you have enough Vitamin D. Calcium is not well absorbed without vitamin D, which is best taken with a meal. Supplemental calcium simply doesn't do the large number of good things for you that Vitamin D3 does! **(RxDerm-2009)**