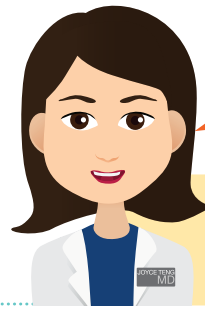


# SHIELD YOURSELF WITH SUNSCREEN & PREVENT SKIN CANCER



It's easy to protect yourself from UV rays!

Joyce Teng, MD, PhD, director of pediatric dermatology at **Stanford Children's Health**  
[StanfordChildrens.org](http://StanfordChildrens.org)

## SHEDDING LIGHT ON SUNSCREEN

### BROAD SPECTRUM SUNSCREEN

protects you from two harmful types of UV light — UVA and UVB. UVA rays can prematurely age your skin while UVB rays can burn your skin. Too much exposure to either type can cause skin cancer. Remember, children of all complexions need to use sunscreen, even if they don't typically burn.

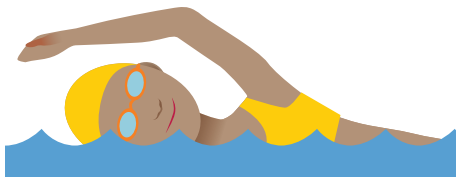
### PHYSICAL VS. CHEMICAL SUNSCREENS

Physical sunscreens contain titanium dioxide and zinc oxide. They are broad spectrum and work by blocking or reflecting UV rays. Chemical sunscreens are not all broad spectrum and work by absorbing UV rays and preventing skin penetration. To protect sensitive skin, use physical sunscreens that contain titanium dioxide or zinc oxide.

### HYPOALLERGENIC OR FRAGRANCE-FREE

products are the best for children with sensitive skin.

### SWIMMING OR SWEATING?



Reapply sunscreen every 90 minutes if you are in the pool or playing hard outdoors.



### WATER OR SNOW = MORE UV RAYS

Surfaces like water and snow increase the amount of UV radiation reflected to the skin.



## THE SUN IS STRONGEST BETWEEN 10 a.m. AND 4 p.m.



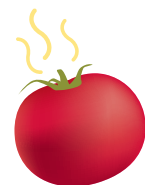
### PROTECTIVE CLOTHING

Add protection by wearing a long-sleeved shirt, pants, a wide-brimmed hat, sunglasses and UV rash guards.

### WATER-RESISTANT

sunscreen stays on your skin longer, even if it gets wet. No sunscreen is "waterproof" because all sunscreens eventually wash off.

### WHAT DOES SPF MEAN?



**Sun Protection Factor** is an estimate of how well the sunscreen will protect you from becoming a fried tomato. **30+** is best.

## COVER UP BECAUSE CANCER IS NO JOKE

### WHAT IS MELANOMA?

Melanoma is the most dangerous type of skin cancer. Indicators include a change in shape or color to an existing mole or a new lump on the skin that looks unusual.

**87,110** NEW CASES

of melanoma are expected to be diagnosed in the U.S. in 2017.

### MORE CASES EVERY YEAR



For the last 30 years, the rate of occurrence for melanoma has risen.

### CHECK YOURSELF MONTHLY



Anything new or different about your skin? Look for a change in the size, shape, color or elevation of an existing mole or check whether it looks different

from other moles or feels itchy, hard, bumpy, swollen or tender to the touch.

### VISIT A DERMATOLOGIST

If you see any unusual skin changes, be sure to visit your dermatologist.

### SPRAY VS. LOTION OR CREAM



It's preferable to use a lotion or cream over sprays because it provides more even coverage, is easier to see and lasts longer.