

SUNNING

Are suntans “healthy?”

-NO! Sunburns and suntans can cause skin cancer, which can sometimes cause death.

Are tanning beds safe?

-NO! They can also cause skin cancer and cause sun spots and wrinkles at an early age.

Who can get skin cancer?

-It is more common in people with fair skin and light colored eyes, but anyone can get it.

-More common in whites and adults.

-Anyone who gets one or more bad sunburns before age 20 or works outside in the sun all day.

What can I do to prevent skin cancer?

-Always wear sunscreen (at least SPF 15), a wide hat, sunglasses, lip sunscreen, and sit in the shade. This is the best prevention.

-Avoid being in the sun between 10 AM and 2 PM and on cloudy days.

-Reapply sunscreen after being in the water or much sweating.

-Take extra precautions at the beach (sand and water make it easy to burn).

-Do not lay in the sun for hours or use tanning beds.

-Children need lots of sunscreen and to sit under an umbrella, if possible.

What about moles and skin cancers?

-Bad skin cancers often start in moles. **Look at any moles you have frequently and ask your doctor to check them if they get bigger, change shape or color, bleed, or if you have any questions.** Your doctor may be able to remove an early skin cancer before it spreads.

What about medicines and the sun?

-Some medicines can make you more sensitive to the sun or may cause a rash from sunlight. **Ask your doctor or pharmacist if you take any medicines before you go out in the sun.**

Can I still have “fun in the sun?”

-Yes! Enjoy the outdoors but use sunscreen and avoid long hours in the sun.