**Summer is a Good Time for Skin Cancer Awareness**

***Tip of the Month from Your Health & Wellness Committee***

Summer is here! Who doesn’t want to be outside, sunbathing, swimming, playing outdoors or even barbequing in the backyard? While summer means fun in the sun, make sure you’re not getting too much of a good thing.

Dr. Gary Chuang of UCLA says “Using sunscreen is vital to the prevention of skin damage and skin cancers.  Build a habit of wearing sunscreen by choosing one that will be easy for you to use every day. “

**Here are more tips from Dr. Chuang:**

* Sunscreen is not just for sunny days
  + SPF 30+ sunscreen should be worn every day, even if the sun is not shining.   Clouds only block 20-30% of UV rays.
* What does SPF mean?
  + Sun Protection Factor is an estimate of how well the sunscreen will protect your skin from burning.  The higher the number the better.
* Protective Clothing
  + Use proper clothing, umbrellas and shade to keep out of direct sunlight.   Add protection by wearing a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.
* If you love outdoor activities
  + Use a water-resistant broad spectrum UVA/UVB sunscreen with SPF of 30+.  Reapply every two hours or immediately after being in the water.
* The 10-2 Rule
  + Even when you follow precautions, it is best to limit time in the sun between the hours of 10 am and 2 pm.
* Avoid tanning beds
* Visit a doctor
  + If you see any sudden or unusual skin change be sure to visit your dermatologist

As Dr. Chuang says, “Wearing sunscreen is much like wearing seatbelts in a car.   Once you get in a habit of wearing it, you will feel strange walking out into the sun without protection.”

***Dr. Chuang is a board-certified dermatologist and a fellowship-trained Mohs surgeon at UCLA-Redondo Beach office located at 514 N. Prospect Avenue.*** [***www.Uclahealth.org/redondobeach***](http://www.Uclahealth.org/redondobeach)