



Welcome to summer! Sunshine, warm weather, good vibes...this is the season that most of us love to see arrive, and hate to see go. This issue contains info that can help make your summer just a little bit better.

Sunscreen

The FDA has updated the laws on how manufacturers can market their sunscreen products. For one, they are no longer allowed to use the term “sun block”, since no product can completely prevent, or block, the sun’s rays from absorbing into the skin.

Make sure to use a sunscreen of at least SPF 30 (in other words, providing you Sun Protection Factor of about 30 min), to provide the minimum protection in the case of under-application. Reapply every 2 hours or immediately after a dip in the water.

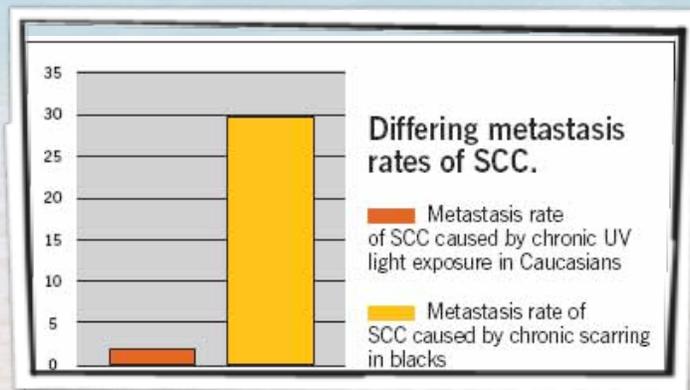
An SPF of 30 does not mean it gives you twice as much protection as an SPF of 15. For example, according to the American Association of Dermatologists, an SPF 30 screens 97 percent of UV rays, while an SPF 15 screens 93 percent of UV rays.

Look for the term “full spectrum”; which means that it protects against both UVA and UVB rays, and waterproof will give protection after time in the water

-and yes, brown people need to use sunscreen too:

Although darker skin can provide protection equal to 13-16 SPF - compared to less than 5 SPF protection for lighter skin tones - a tan within itself is actually damage from ultraviolet light, which in turn causes the overproduction of melanin.

Due to delayed diagnoses and advanced stage at presentation, the five-year mortality rates of non-Caucasians who have melanoma are higher (in many instances significantly) than those of their Caucasian counterparts.



No matter what your color, make sure to seek medical care with new or existing moles that are asymmetric, have an irregular border, change in color, appear larger than the size of a pencil eraser, or change in any way. These should be examined by a dermatologist, as should any brown spots on the hands, soles, or under the nails.