



DERMATOLOGY
ASSOCIATES OF ITHACA
Healthier Skin Since 1983

DID YOU KNOW?

Skin cancer is the most commonly diagnosed cancer in the US (lifetime risk: 1 in 5), yet it is the most preventable.



More people develop skin cancer from tanning than develop lung cancer from smoking!



Central NY receives about 75% of San Diego's UV exposure, and Tompkins County ranks 8th highest in melanoma in NYS.



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MAXIMUM SUN PROTECTION

Protecting the skin from ultraviolet (UV) radiation from the sun is important for everyone and will help you to avoid premature aging and skin cancers. UV rays can penetrate car window glass and cause damage even with only a few minutes' exposure, so we recommend using sunscreen every day.

GENERAL TIPS

- Seek shade when possible and avoid sun exposure between 10 AM and 4 PM.
- Wear UPF 50 sun protective clothing, including a wide-brimmed hat that protects the nose and tops of the ears.
- Wear UV-protective sunglasses to avoid sun damage to the eyes.
- One ounce (one full shot glass) of sunscreen is needed to cover the whole body. Apply 30 minutes before going outside. Don't forget sun protection for your lips and eyelids!
- Reapply sunscreen every 2-3 hours, especially if you get wet, sweaty, or during prolonged sun exposure.
- Avoid tanning beds and sun lamps. Both can cause serious long-term skin damage and contribute to skin cancer.
- Use caution near water, sand and snow because they reflect and intensify the damaging rays of the sun, which can increase the chances of sunburn.

WHAT SHOULD I LOOK FOR WHEN BUYING A SUNSCREEN?

- Choose a **broad spectrum** sunscreen that protects from **both UVA and UVB** radiation, such as Neutrogena® Sheer Zinc SPF 30 or 50 or Babyganics® Mineral Based SPF 50+ sunscreen spray.
- Look for a sunscreen with zinc oxide – these do the best job of blocking UV rays and do not cause allergies.
- Make sure your sunscreen has **SPF 30** or higher.
- Regular daily use of SPF 15 or higher sunscreen reduces risk of melanoma by 50%!

HOW WILL I GET VITAMIN D IF I USE SUNSCREEN?

- **Vitamin D from food and dietary supplements offers the same benefits — without the danger of skin cancer.** Vitamin D cannot be used by the body until it is processed by the liver and the kidneys. The usable form of vitamin D created by this process is the same, regardless of how it enters the body.
(<https://www.aad.org/media/stats/prevention-and-care/vitamin-d-and-uv-exposure>)
- If you are concerned that you are not getting enough vitamin D, you should speak with your primary care provider. Ultimately, vitamin D should be obtained in a way that does not risk UV damage.