

Skin Health Facts

Face Up To The Sun With The Right Protection

(NAPSA)—The news about sunshine isn't always bright. According to the American Cancer Society, more than one million Americans will discover skin cancers this year and another 54,200 will get melanoma, the most serious form of skin cancer. That's why experts say it's so important to incorporate sunscreen into your lifestyle.

Interestingly, even though sunscreen blocks harmful ultra-violet (UV) rays that can lead to skin cancer, most Americans still don't use it right. To ensure you're getting enough protection, doctors recommend these simple sun-safety rules to follow:

- Use a sunscreen with a sun-protection factor (SPF) of 15 or greater, and apply it 30 minutes before going outdoors. Sunscreen should be re-applied liberally at least every two hours and always after swimming or perspiring.

- There's no such thing as a safe tan. Avoid sunbathing under natural sunlight and tanning booths, which also use UV light.

- Do cover up. When outdoors, protect your skin with clothing—including a shirt and a broad-brimmed hat—and protect your eyes with UV filtering sunglasses.

- Pay extra attention to your face. Save time with a combo moisturizer/SPF product, like Eucerin's Extra Protective Moisture lotion with SPF 30. It's rec-



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ommended by the Skin Cancer Foundation and it's fragrance free, ideal for all skin types and won't clog pores.

- Check the UV index—the amount of UV radiation that's forecast—for your area every day. A higher index number means greater exposure to UV radiation, and requires extra protection. Also remember that UV rays are strongest between the hours of 10 a.m. and 2 p.m. when UV light is most intense.

Lastly, don't delay when it comes to your health. Pay attention to any skin lesions that you have and make an appointment to check out suspicious moles with your doctor. Most skin cancers are treatable if diagnosed early enough—and preventable with the proper protection.

For more information, visit www.eucerin.com.