Did You Know?



You can still get sun damage on a cloudy day.

2

UV light can go through most home and car windows.

3

Anyone can get skin cancer no matter their skin color, age or ethnicity.

The TRUE Skin Experts

Board certified dermatologists have the unique training and experience required to treat the health, function and beauty of patients' skin, hair and nails.

Sun protection is a key component to both skin cancer prevention and achieving healthy, beautiful skin for life.

asds.net/Cosmetic-Procedure-Questions

Protect yourself!

- Use sunscreen.
- Wear protective clothing.
- Seek shade.

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Avoid tanning beds.

AS **DS** American Society for Dermatologic Surgery

Find a dermatologist near you at asds.net/Find

GOOD FOR THE

SKIN CANCER

occurs when cells in your skin grow out of control. It can happen anywhere on the body but is most common in areas that are exposed to the sun — the face, neck, arms and legs.

asds.net/Good-for-the-Sol



The best sunscreen is the one you'll use consistently!

What is SPF?

Sun Protection Factor

indicates how well a sunscreen will protect your skin from the sun's harmful UV rays.

A higher SPF = more protection.

Choose an SPF of at least 30 with both UVA and UVB protection.



GOOD FOR THE

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Mineral Sunscreen

Contains minerals that form a protective layer that sits on top of your skin.

Active Ingredients Zinc oxide, Titanium dioxide

Pros

- Provides broad spectrum protection against multiple UV types.
- Less likely to irritate the skin.

Cons

 Can leave a white cast on the skin.

Chemical Sunscreen

Contains chemicals that absorb into the skin. scattering the sun's UV rays.

Active Ingredients

Avobenzone, Oxybenzone, Octinoxate, Octocrylene, Homosalate, Octisalateioxide

Pros

- Thin consistency.
- Easier to apply.

Cons

 Can cause skin irritation or allergic reactions.