

The Importance of Using Sunscreen



Did you know that according to the CDC skin cancer is the most common cancer in the United States? One in five Americans will develop skin cancer. Protecting ourselves from the dangers of the sun is crucial. The use of sunscreen can help protect us from ultraviolet exposure from the sun's rays. It's also has other benefits.

- The use of sunscreen decreases your risk of developing skin cancer. Use sunscreen daily even on cloudy days. UV rays from the sun can reach you on cloudy and hazy days as well as bright and sunny days.
- It keeps us looking young. Exposure to ultraviolet rays causes premature aging. By wearing sunscreen, you may slow down the development of wrinkles.
- Sunscreen could also keep your skin tone even as it prevents facial brown spots and skin discolorations.
- It's important for all skin types - not just for those with fair skin. People with darker skin can still get skin cancer.

It's recommend to use a broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher. Apply one ounce, or the equivalent of two tablespoons to your entire body 30 minutes before going outside. Reapply every two hours and immediately after swimming or excessive sweating.

You should examine your skin head-to-toe every month and see a dermatologist with any new or changing skin lesions.

To make an appointment with an SMG dermatologist, call (914) 723-7800.



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