



# Don't Get Burned Safeguard Your Skin

## Seven ways to protect yourself from skin cancer

**W**hen you think summer, do you think barbecues, beaches and water sports? Do your family a favor and add sun safety to the list.

Georgia has a melanoma rate 13 percent higher than the rest of the U.S., according to the Environmental Protection Agency. And melanoma accounts for three-quarters of all skin cancer deaths. Families in our community need to be diligent about sun safety all year.

“The sooner you take steps to protect yourself from skin cancer the better,” says Duane P. Moores, M.D., Ph.D., board-certified oncologist, Southeast Georgia Physician Associates-Hematology & Oncology. “But it’s also never too late to start.”



Duane P. Moores, M.D., Ph.D.

Here are seven ways to protect yourself.

- 1. Stay in the shade** when the sun is strongest, between 10 a.m. and 4 p.m.
- 2. Choose a broad-spectrum sunscreen** with an SPF of 30 or higher. Reapply every two hours or after swimming or sweating.
- 3. Make sure your sunscreen is still good.** If it’s past the expiration date, buy a new bottle.
- 4. Cover up** with dark-colored, tight-knit clothing.
- 5. Wear a wide-brimmed hat and sunglasses** that offer UVA and UVB protection.
- 6. Opt for self-tanners** rather than tanning beds, which are just as harmful as the sun.
- 7. Check your skin monthly** and have your doctor check your skin annually for signs of cancer. Signs to look for include moles that are asymmetric; have irregular borders; are not uniform in color; are larger than 6 millimeters across; or change in size, shape or color. ●

## 3 More Reasons to Cover Up

Sunburns and skin cancer are not the only negatives of too much sunshine and its harmful rays.

Overexposure also leads to:

- **Premature aging.** Up to 90 percent of age-related skin changes — wrinkles, leathery skin and lesion development — are caused by sun damage.
- **Vision impairment.** Sunlight can lead to cataracts and other vision problems.
- **Immune suppression.** According to some studies, too much UV radiation may decrease the body’s ability to fight infection.

### GET CHECKED

Find skin cancer before it spreads. Get your skin checked for free at our upcoming Health Fairs. Join us at the Brunswick Health Fair on June 11 at Brunswick High School or at the Camden Health Fair on Aug. 27 at the Camden County Recreation Center. Hope to see you there! See back cover to learn more!

