



Play it Safe in the Sun

Choose your cover

There are lots of ways to protect your skin all year.

1. **Hide & Seek:** UV rays are the strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella or a pop-up tent. Use these options to prevent sunburn, not to seek relief once it's happened.
2. **Cover 'em up:** Clothing that covers your skin helps protect against UV rays. Although a long sleeve shirt and

pants are best, they are not always practical. Double up by applying sunscreen as well as keeping in the shade whenever possible.

3. **Get a hat:** Hats that shade the face, scalp, ears and neck are easy to use and give great protection. (Baseball caps are popular but they do not protect ears and necks.) Choose a cap that protects all areas.
4. **Shades are cool:** And they protect from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and

block as close to 100% of both UVA & UVB rays as possible.

5. **Rub on sunscreen:** Use sunscreen with at least SPF 15 and UVA/UVB protection every time you go outside.



Unprotected skin can be damaged in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect.

Danbury Hospital
A Difference that Matters

Sunscreen Scoop -

For most effective protection, apply sunscreen generously before going outdoors. Don't forget ears, noses, lips, and tops of feet which often go unprotected.

Take sunscreen with you to reapply during the day. This applies to water proof and water resistant as well.

Did you know ??

~ That just a few serious sunburns can increase your risk of skin cancer later in life.

~ Tanned skin is damaged skin Any change in skin color after exposure to the sun indicates damage from UV rays.

~ Clouds do not block UV rays, they filter them and sometimes only slightly.

Facts and Statistics About Skin Cancer

The number of skin cancer cases has increased in the United States. Since 1981 the incidence of melanoma has increased 7% per year. Melanoma is the most common cancer among people 25 to 29 years old.

The three major types of skin cancer are basal cell, squamous cell and melanoma.

Basal cell and squamous cell can cause substantial illness, and if untreated, can cause considerable damage and disfigurement. If detected and treated early, however, these carcinomas have a cure rate of more than 95%

Malignant melanoma causes more than 75% off all deaths from skin cancer. This disease can spread to other organs, most commonly the lungs and liver. Malignant melanoma diagnosed at an early stage usually can be cured, but when diagnosed at a later stage will most likely spread and cause death.

(Continued from page 1)

Exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor in developing skin cancer. This makes skin cancer a largely preventable disease when sun protective practices and behaviors are consistently applied and utilized. UV radiation is also a factor in the development of skin cancer. UV rays from artificial sources of light, such as tanning beds and lamps are just as dangerous as those from the sun, and should be avoided. Unfortunately, despite the fact that both tanning and burning can increase one's risk of skin cancer, most Americans do not protect themselves from UV rays.



Always wear a broad-spectrum (protection against both UVA & UVB rays) sunscreen and lip screen with at least SPF 15.

Who is at risk: Although anyone can get skin cancer, individuals with certain risk factors are particularly at risk. Some risk factors for skin cancer are:

- ~ Lighter natural skin color
- ~ Family history of skin cancer
- ~ Personal history of skin cancer
- ~ Constant exposure to the sun through work and play
- ~ A history of sunburns early in life
- ~ Skin that burns, freckles, gets red easily or becomes painful in the sun.
- ~ Blue or green eyes
- ~ Blond or red hair
- ~ Certain types and a large number of moles

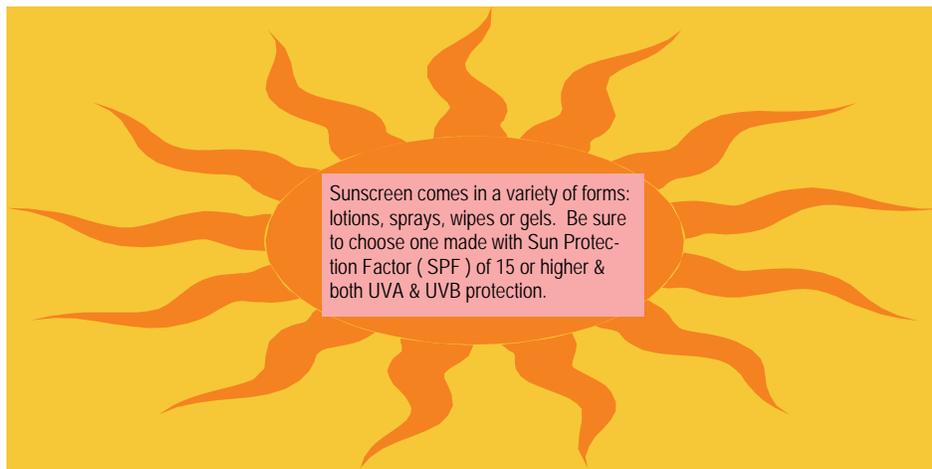
What is the UV Index?

The UV index was developed by the National Weather Service and the Environmental Protection Agency. It provides a forecast of the expected risk of over exposure to UV rays and indicates the degree of caution you should take when working, playing or exercising outdoors.

levels on a 0—10+ scale, where 0 indicates low risk of overexposure and 10+ means a very high risk of overexposure. Calculated on a next day basis for dozens of cities across the U.S., the UV Index takes into account clouds and other local conditions that affect the amount of UV radiation reaching the ground.

The level of danger calculated for the basic categories of the index are for a person with Type II skin. For a person with Type II skin, an Index of 5 or 6 represents a moderate possibility of UV over exposure.

The UV Index predicts exposure



Skin Type	Tanning & Sunburn History
I	Always burns, never tans, sensitive to sun exposure
II	Burns easily, tans minimally
III	Burns moderately, tans gradually to light brown
IV	Burns minimally, always tans well to moderately brown
V	Rarely burns, tans profusely to dark
VI	Never burns, deeply pigmented, least sensitive

Information provided by: US Dept. Health & Human Services, Center for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion Division of Cancer Prevention and Control & National Cancer Institute.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or

an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."