

A ASSOCIATES IN DERMATOLOGY

Your Skin Cancer & Skincare Specialists

15 Central Florida Locations

— presents —

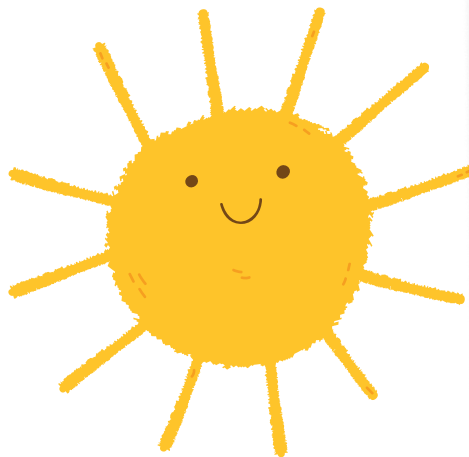


FROM THE



Special Booklet for Teachers!

Sun smart practices for your students



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True or False?



1. Statement: Skin cancer is rare. FALSE

Fact: 1 in 5 Americans will get skin cancer in their lifetime.

2. Statement: You can die from skin cancer. TRUE

Fact: You can die from skin cancer if it spreads to your internal organs. Melanoma is the deadliest form of skin cancer. However, when caught early, about 99% of all melanomas are curable. That's why it's important to go to a dermatologist to catch skin cancer early—so it doesn't spread and become fatal.

3. Statement: Skin cancer is a disease that affects only old people. FALSE

Fact: Melanoma is the second most common form of cancer among 15-29 year olds.

4. Statement: People with dark skin can get skin cancer TRUE

Fact: No one is immune from the dangers of the sun. In fact, skin cancer is rarer but more deadly among darker skinned people. Actually, the famous singer Bob Marley died of melanoma.

5. Statement: Experiencing five or more sunburns can double your risk of developing skin cancer. TRUE

Fact: Experiencing just one bad sunburn as a child or teen doubles your risk of getting melanoma. Five sunburns by any age also doubles your chances of developing melanoma.

6. Statement: Though a sunburn is a sign of sun damage, a tan is a sign of health. FALSE

Fact: Both sunburns and suntans are signs that your skin cells have been damaged by the sun. There is no such thing as a "healthy tan." Both sun tans and burns can lead to skin cancer.

7. Statement: Two forms of ultraviolet radiation - UVA and UVB – reach the earth and can cause skin cancer. TRUE

Fact: UVA penetrates the skin even more deeply than UVB and damages the inner layer of skin. These rays play a major role in skin aging and wrinkling, as well as skin cancer. UVB is a shorter wave that damages the skin's top epidermal layers. UVB rays are chief causes of skin reddening and sunburn and play a key role in the development of skin cancer, as well as a role in skin aging.

8. Statement: Sunshine clears up acne. FALSE

Fact: Sun exposure appears to help acne at first, but in the end it can aggravate it and make it worse. If you use acne medication, be sure to apply sunscreen wear protective clothing, and seek the shade. Many acne medications make your skin more likely to burn in the sun, which makes you more susceptible to sun damage.

9. Statement: "SPF" stands for Sun Protection Factor. TRUE

Fact: SPF indicates how long it will take for UVB rays to redden skin when using a sunscreen, compared to how long skin would take to redden without the product. For instance, someone using a sunscreen with an SPF of 15 will take 15 times longer to redden than they would without the sunscreen. An SPF 15 sunscreen screens approximately 93 percent of the sun's UVB rays; SPF 30 protects against 97 percent.

10. Statement: Tanning beds are safer for you than sunlight. FALSE

Fact: There is no such thing as a safe tan, especially in tanning beds. People using tanning beds may receive as much as 12 times the annual dose of harmful UVA radiation compared to the dose they receive from sun exposure. Using a tanning bed increases your risk of melanoma by 74%.

For Sun Safety Tips, posters, & more to display in your classroom, contact our Marketing Dept
800-827-7546 x3220

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Sun Smart Steps

• SEEK SHADE

Play is safe in the shade whenever possible and avoid midday sun. UV rays are especially strong between 10 AM and 4 PM.



• COVER UP

Make your own shade with a widebrimmed hat and long-sleeved shirts and long pants such as blue jeans. Baseball caps and visors shade the face but leave the neck, lower face, and ears exposed. A broad-brimmed hat can help prevent cancer in those areas.



• WEAR SUNGLASSES

Protect your eyes with UV-blocking sunglasses. Look for a tag that says the lenses block 99% or more of UV radiation.



• LEARN NOT TO BURN!

Just one blistering sunburn when you're a child or teen more than doubles your risk of developing melanoma (the deadliest form of skin cancer) later in life. Using sun protection every day may be the smartest thing you can do for yourself!



• USE SUNSCREEN EVERY DAY

UV rays are strongest during summer, but they can cause damage year-round. Use 2 tablespoons of a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day—in every season—no matter what your skin color. For extended outdoor activity, use a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher. Be sure to reapply every 2 hours or after swimming or sweating.



• DON'T USE TANNING BEDS

Indoor tanning poses an equally great or greater risk of causing skin cancer than sun exposure.



ASSOCIATES IN DERMATOLOGY

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We have served the medical, surgical and cosmetic dermatology and skin care needs of Central Floridians for over 25 years in 15 convenient locations.

We treat a wide range of skin conditions including: acne, eczema, allergic dermatitis, warts, and also diseases of the hair and nails.

From our experienced physicians to our highly trained professional staff, every member of Associates in Dermatology's team takes pride in providing outstanding results.

SERVING
Central Florida Families
for over **25 YEARS**

Accepting New Patients in all 15 Locations

Altamonte Springs: 106 Boston Avenue, Ste. 100 - FL 32701
Apopka: 531 Wekiva Commons Circle - FL 32712
Celebration: 400 Celebration Place, Ste. A-120 - FL 34747
Clermont: 1655 East State Road 50, Ste. 201 - FL 34711
Davenport: 2205 North Boulevard West - FL 33837
Dr. Phillips: 7932 West Sand Lake Rd., Ste. 202, Orlando, FL 32819
East Orlando: 7824 Lake Underhill Rd., Ste. J, Orlando, FL 32822
Hunter's Creek: 1118 Cypress Glen Circle, Kissimmee, FL 34714

Kissimmee: 725 East Oak Street - FL 34744
Mount Dora: 2060 North Donnelly Street - 32757
Ocoee: 530 Ocoee Commerce Parkway - FL 34761
Poinciana: 339 Cypress Parkway, Ste. 110 - FL 34758
Sanford: 1403 Medical Plaza Dr., Unit 107 - FL 32771
St. Cloud: 3106 17Th Street - FL 34769
Sumterville: 1389 U.S. 301- FL 33585

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