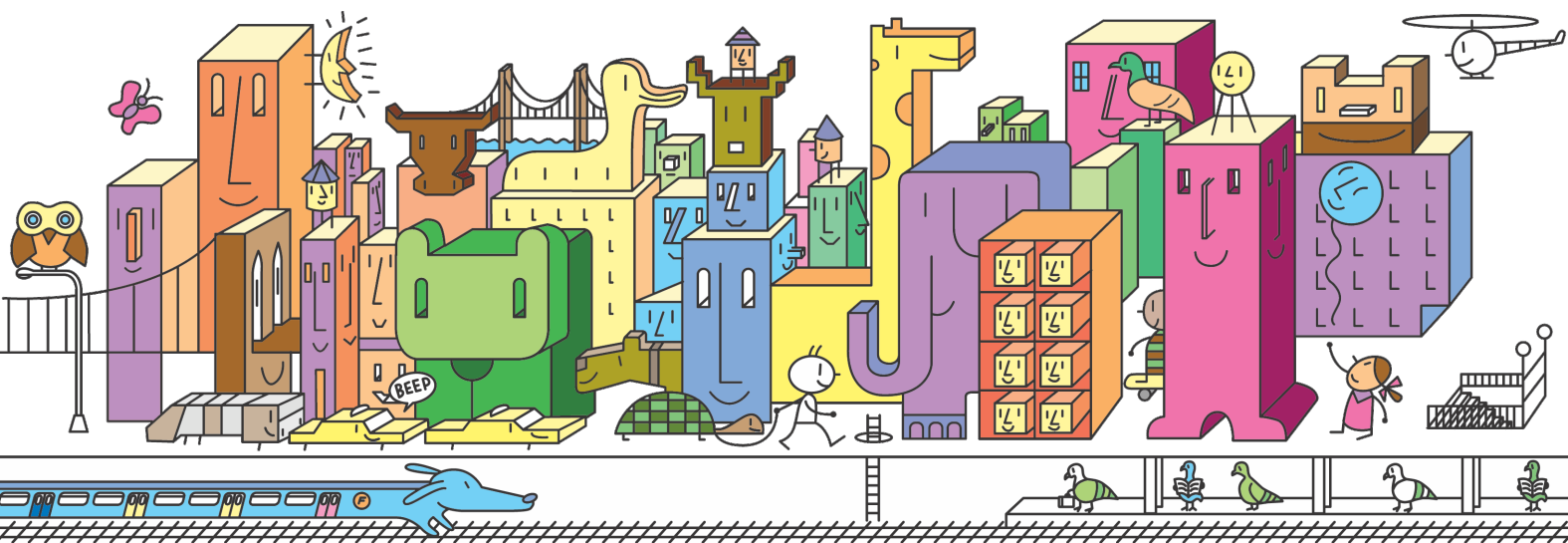




PREMIER PEDIATRICS

Sunscreen



Sunscreen

- One or more blistering sunburns in childhood or adolescence more than double a person's chances of developing melanoma later in life*
- One in five Americans will develop skin cancer in the course of a lifetime*
- It is important to use a sunscreen of at least SPF 15 in conjunction with a complete sun protection regimen including hats, UV blocking sunglasses, and shade
- About 1 oz of sunscreen should be used for a thorough application starting 20-30 minutes prior to sun exposure
- Sunscreen should be reapplied every 2-3 hours as well as after swimming or exercising/sweating
- UV protective clothing is also available and helpful

*Factoids from <http://www.skincancer.org>