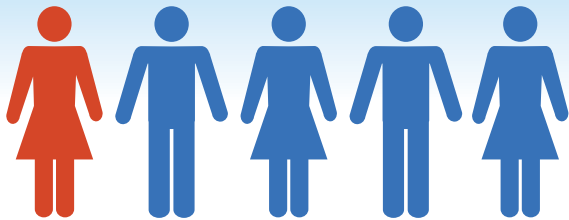


# Taking care of your skin and sun safety.



## ONE IN FIVE

Americans will develop skin cancer and everyone regardless of skin color is at risk.

Sun exposure is the most preventable risk factor for skin cancer, and there are several easy things to do to decrease this risk.

- **Avoid unnecessary sun exposure.** Seek shade during peak sun hours, between 10 a.m. and 2 p.m.
- **Wear sun protective clothing** such as long sleeved shirts, pants and wide-brimmed hats when possible.
- **Use a broad-spectrum sunscreen** with a SPF (Sun Protection Factor) of at least 30 everyday year-round on the face and neck. Many face lotions now have “built in” sunscreens that make it easy to wear sunscreen daily and under makeup for women.
- **Apply a broad-spectrum sunscreen with a SPF of at least 30** to all exposed skin prior to any extensive sun exposure.
- **Reapply sunscreen every 2 hours** while outdoors or after swimming or sweating.
- **Do not use tanning beds.**

Check your skin regularly and see a dermatologist if you notice anything changing, growing, itching or bleeding.

For more information, or to make an appointment, contact OMC Dermatology at **507.292.7182**



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