

SKIN CANCER

is the most common type of cancer — diagnosed in over **3 MILLION AMERICANS** each year — and many cases happen as a result of the sun's ultraviolet (**UV**) rays. Prolonged exposure to UV light can cause skin to age prematurely, resulting in wrinkles, looseness and dark patches.



This summer commit to staying healthy and beautiful by protecting your skin.

SUNSCREEN

Use sunscreens that offer broad spectrum protection — against both ultraviolet A (**UVA**) and ultraviolet B (**UVB**) rays — and that have a skin protection factor (**SPF**) of 30 or higher.



To ensure complete coverage of your face and body, use one ounce of sunscreen (two tablespoons worth) per application.

For the face alone, use a nickel-sized amount.

For spray sunscreens, apply until you see an even sheen all over your face and body.

Reapply sunscreen at least every two hours, and more frequently after water exposure, heavy sweating or toweling off.



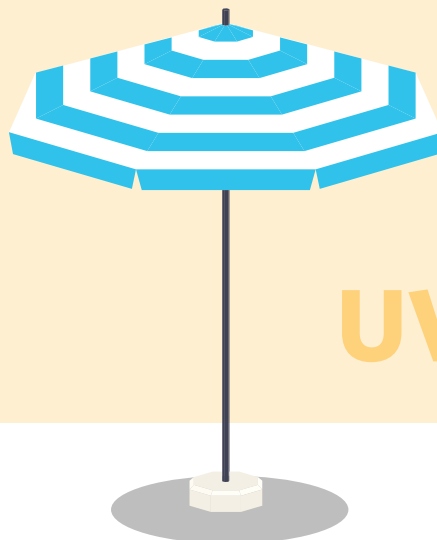
SUNGLASSES

Choose sunglasses that are clearly labeled with **UVA** and **UVB** protection, as darkness and color of sunglasses do not mean they protect against ultraviolet rays.



HATS

Choose a hat with tightly woven fabric and a wide brim (2 inches or more) all around to shield your face and scalp.



SUN-SHIELDING ACCESSORIES

Gloves, slip-on sleeves, scarves, bandanas and umbrellas can offer additional skin protection from UV rays.

UVA ● **UVB**

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