

RECOMMENDATIONS FOR SUN SAFETY

- Use sun protection when you plan to be in the sun for 20 minutes or longer even on cloudy days.
- Sun avoidance – try to stay out of the sun between the hours of 10 am – 4 pm

SUNSCREEN POINTERS:

- Use a SPF sunscreen of at least 15 or higher.
- 15 SPF blocks 93% of the sun's rays.
- 30 % SPF blocks 97% of the sun's rays.
- A white t-shirt has a SPF of 35.
- Apply sunscreen 20-30 minutes before going in the sun.
- Re-apply after 2 hours and immediately after swimming or sports.
- Use enough sunscreen; the average size person needs 1 oz (a shot glass size to cover all sun-exposed areas.)
- Date sunscreens when you open them. Discard them after 1 year (effectiveness decreases after one year)
- Remember to protect lips, ear and the nose.
- For Maximum UVA/UVB protection, be sure your sun protection has any of the following 1) ZINC OXIDE 2) TITANIUM DIOXIDE 3) PARSOL 1789 (Avobenzone)
- Good daily moisturizers with added sun protection covering UVA/UVB
Cetaphil SPF Oil of Olay SPF Aveeno SPF
MD Forte SPF J&J Purpose SPF Kinerase SPF
- Good sun protection products covering UVA/UVB
Pre Sun lotion SPF 30
Ombrelle lotion SPF 30
MD Forte Aftercare SPF 30
Pre Sun Gel (ideal for acne prone skin and for men with hairy arms/legs/necks/scalp)

SKIN CANCER SCREENING

- Monthly Self Skin Exams recommended
- A. Asymmetry (if cut in half, two sides wouldn't match)
- B. Border Irregularity (Jagged, looks like the coast of Maine)
- C. Color Variegation (Multiple colors within or colors are changing)
- D. Diameter less than 6mm (less than a pencil eraser size)
- E. Enlarging.

Please call with any concerns or questions
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