



More information and resources are available at www.michiganDO.com.

Office Phone:

Physician:

Comments of the Michigan Osteopathic Association and your osteopathic physician.

SUN EXPOSURE SAFETY

YOU AND YOUR HEALTH

Preventive medicine is an important part of the care your osteopathic physician provides, but **YOU** are the most important person when it comes to your health. The lifestyle choices you make could have more impact on your health than other contributing factors, such as genetics, the environment or health care.



Sun Exposure Safety

Skin cancer is the most common cancer in the United States, according to the American Cancer Society. Anyone can get skin cancer, so preventive measures are important.

Sunscreen Facts

- If you will be out in the sun for 10 minutes or more, you will benefit from sunscreen use.
- Sunscreens are rated with a Sun Protection Factor (SPF). This rating system shows how long a person can stay in the sun before burning. For example, if you burn in 10 minutes and apply a sunscreen with a SPF 15, it will take about 150 minutes before sunburn occurs.
- Sunscreen should be applied an hour before going out into the sun so it can be absorbed by the skin.
- Sunscreen should be applied liberally. If it is applied too lightly, the sunscreen may offer only a fraction of the protection.
- Sunscreen should be reapplied after swimming, perspiring or towel drying.

Preventive Measures

- Plan your outdoor activities to avoid the sun's strongest rays between 10 a.m. and 4 p.m.
- Wear protective covering, such as broad-brimmed hats, long pants and long-sleeved shirts, to reduce exposure whenever possible.
- Wear sunglasses that provide 98 percent to 100 percent UV ray protection.
- Wear a sunscreen with a SPF15 or more, and reapply it according to manufacturer's directions.

SUN EXPOSURE
SAFETY