

# THE MEDICAL MESSENGER

BY GILES FAMILY MEDICINE

May 2018

Volume 1, Issue 2



## Welcome

Hello patients! Welcome back to the Medical Messenger.

Summer is quickly approaching, and the Tucson heat is rapidly rising. Many of you probably have summer plans in the near future, and I am looking forward to hearing about them at your next appointment.

As always, if you have any topic suggestions or questions about anything that is included in this issue, please communicate those with me via email, which is also listed below.

Stay Healthy,  
*Dr. Giles*

## Announcements

Follow the practice on social media!

## Highlights

Sun protection

# WHAT YOU NEED TO KNOW ABOUT SUN PROTECTION

As our weather starts to heat up it's time to think about sun protection. Exposure to excessive UVA and UVB radiation increases risk for both melanoma and non-melanoma skin cancer. Other deleterious effects include sunburn and acceleration of photoaging which can cause wrinkling and pigmentation changes. The sun's rays are most intense between the hours of 10:00 a.m and 4 p.m.

Recently, the US Preventive services task force recommended that physicians counsel patients about minimizing UV exposure starting at 6 months of age! The UV index was created to predict your risk of sunburn. This is often reported with the weather report on our local news stations. The scale goes from 1-11+, with 1 being minimal risk and 11+ being extreme risk.

Our main protection from the sun comes from avoidance, protective clothing, and sunscreen.

Sunscreen should have an SPF of at least 30 and protect against both UVA and UVB. People with fair skin should consider using an even higher SPF. It should be applied to all exposed areas 15-30 prior to sun exposure. It generally should be reapplied every 2 hours, or

after swimming or excessive sweating.

It will take about one ounce (2 tablespoons) of sunscreen to cover the arms, legs, neck, and face of an adult. More if you need to cover your chest and back. Also consider protecting your lips with lip balm containing SPF 30. Although sunscreen can reduce the production of vitamin D in the skin, studies show that the reduction is minimal and should not preclude your use of sunscreen to protect the skin. Sunscreen can expire so look at the container and throw it out if it is expired. If there is no expiration date, throw it out after 2-3 years. Also be aware that it can degrade more quickly if left in the heat such as your car or direct sunlight.

The safety of sunscreen has not been tested in children under the age of 6 months so use clothing and shade for protection.

A note regarding tanning beds. Most tanning beds emit UVA and UVB radiation. They are not recommended as they have been shown to increase the risk of melanoma.

So get out there and enjoy the summer but be mindful of protecting your skin from sun damage.

**ADDRESS:**

7395 E. Tanque Verde Rd  
Tucson, AZ 85715

**PHONE:**

(520) 355-2900

**E-MAIL:**

[drgiles@martygilesmd.com](mailto:drgiles@martygilesmd.com)

**Website**

<http://martygilesmd.com/>

**Facebook**

Giles Family Medicine

**Instagram**

@gilesfamilymedicine

