

HAMILTON ACADEMY OF MEDICINE NEWSLETTER

1. Avoid the outdoors between 10:00 am to 3:00 pm when the sun is strongest.
2. Wear a sunscreen year round.
3. Use a sunscreen with an SPF of at least 30 such as Anthelios 30 or Anthelios 60.
4. Use a sunscreen which resists water and sweating and which protects against UVA and UVB.
5. Reapply sunscreen every few hours.
6. Wear a broad brimmed hat and protective clothing (e.g. long sleeves)
7. Wear a sunscreen when you are in the shade because it is still possible to burn.
8. Avoid tanning beds. The ultraviolet light they produce causes skin cancer and accelerates aging.
9. Remember to protect your lips with a high quality balm such as Antherpos 50

Anthelios 30, Anthelios 60 and Antherpos 50 are available in my office for your convenience. You may choose to purchase them if you wish. Samples of these products are also available.