

DERMASCAN SCREENING

a special device for detecting skin problems and sun damage

Tips on Preventing Skin Cancer

- Avoid sun from 11 am to 3 pm (when rays are strongest).
- Don't use tanning booths or sunlamps.
- Wear protective clothing and hats.
- Use a sunscreen with SPF of at least 30 and 45 for fair skin.
- Apply sunscreen 15 to 20 minutes before sun exposure.
- Reapply sunscreen every 2 hours and immediately after water activities when staying outdoors.
- Check your skin monthly for signs of skin cancer.
- If you see skin that looks unusual see your family doctor and/or dermatologist about it.

Dermascan utilizes long-wave, type "A" ultraviolet, or black light, a technology that has been used by dermatologists for many years. This special light is able to penetrate beyond the visible dead layers of the skin and look at the actual living layers of skin. Through this illumination, Dermascan magnifies your skin condition in various fluorescent hues. Dermascan is used as an educational tool for skin health and safety.

- ◆ **Brown Freckles** = freckles are a sign of sun damage
- ◆ **Orange glowing dots** = excessive oily pores
- ◆ **Yellow glowing dots** = oily pores not pH balanced containing bacteria
- ◆ **White glowing dots** = lint & dust from hair products and linens
- ◆ **White thick skin** = corneum or "horny" layer of thick skin
- ◆ **Violet skin or patches** = sunscreen in product (moisturizer, make-up etc.)

Where is skin cancer most likely to occur?

Most skin cancers occur on parts of the body that are repeatedly exposed to the sun. These areas include the head, neck, face, tips of the ears, hands, forearms, shoulders, back, chests of men, and the back and lower legs of women.

How can I prevent skin cancer?

The key is to avoid being in the sun or using sunlamps. If you're going to be in the sun for any length of time, wear clothes made from tight-woven cloth so the sun's rays can't get through to your skin, and stay in the shade when you can. Wear a wide-brimmed hat to protect your face, neck and ears.

Remember that clouds and water won't protect you--60% to 80% of the sun's rays can get through clouds and can reach swimmers at least one foot below the surface of the water. The sun's rays can also reflect off of water, snow and white sand.

Why is the sun so bad for my skin?

The sun's rays, which are called ultraviolet A and ultraviolet B rays (UVA and UVB rays) damage your skin. This leads to early wrinkles, skin cancer and other skin problems. Being in the sun often over time, even if you don't burn, can lead to skin cancer. A tan is the body's desperate attempt to protect itself from the sun's harmful rays.

The simplest way to remember the damage that each wavelength causes is as follows:

- UVA creates long term damage that accelerates the skin's **Ageing process**.
- UVB creates the **Burn** or topical discoloration of the skin's epidermis.