



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

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UV Safety Awareness Month

While the summer months have just begun, we are already seeing UV warnings and extreme heat over 100 degrees. July promotes UV Safety Awareness month and reminds us to take precautions for our own skin health.

So, what exactly is UV radiation and how does it impact us and our overall health. UV radiation/rays is a form of electromagnetic radiation that comes from the sun. There are in fact three types of rays: UVA, UVB, and UVC. The UVA rays happen to be the weakest of all the rays, however, they do cause skin cells to age faster.

The UVB rays are a bit stronger and are the cause of sunburns and skin cancer. The UVC can cause severe burns of the skin and eye injuries. You would want to avoid direct skin exposure and never look directly into a UVC light source. This is one of the reasons you are told to never look directly at the sun.

Heed the UV warnings by local weather stations and follow these three steps while outdoors:

1. Seek shade when appropriate
2. Wear sun-protective clothing
3. Apply a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher

Video on What to Wear to Protect your Skin from the Sun

<https://www.aad.org/public/everyday-care/sun-protection/shade-clothing-sunscreen/what-to-wear-protect-skin-from-sun>

Wearing the right clothing when outdoors is just as important. Look for dense fabrics and dark bright colors. White t-shirts do not provide protection against UV Rays.

Skin cancer is the most common cancer in the U.S. and the most preventable.

Video on how to properly apply sunscreen: <https://www.aad.org/public/everyday-care/sun-protection/shade-clothing-sunscreen/how-to-apply-sunscreen>

To help protect your skin from the sun, dermatologists from the AAD recommend wearing the following:

1. Lightweight and long-sleeved shirts and pants: Long dark sleeved clothing provides more SPF protection than a white t-shirt. Dry clothes provides more UV protection than wet clothing. Look for clothing with a label of (UPF) on the tag.
2. Sunglasses with UV protection: Look for lenses that offer UV protection as well as large framed lenses that wrap around as these offer the best eye protection.
3. A wide-brimmed hat: These hats offer better protection for the face and neck.
4. Shoes that cover your feet: If your feet are not covered always apply sunblock for protection.

Did you know that there are two types of sunscreen?



The mineral sunscreen does offer more protection as its creating that barrier between you and the sun.

More information read: <https://www.mdanderson.org/cancerwise/is-mineral-sunscreen-better-than-chemical-sunscreen.h00-159540534.html#:~:text=%E2%80%9CMineral%20sunscreens%20offer%20the%20most,for%20when%20you%20shou ld%20reapply.>

The key to remember is that sunscreen does not last all day. It must be reapplied every two hours, or after swimming or sweating.

To learn more about skin cancer prevention and detection you can visit with a board-certified dermatologist or visit SpotSkinCancer.org

Resource: <https://www.aad.org/public/everyday-care/sun-protection/shade-clothing-sunscreen/what-to-wear-protect-skin-from-sun>

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QPIC Corner

Skin cancer is the most common cancer in the U.S., and nearly 20 Americans die from melanoma — the deadliest form of skin cancer — every day.

That's why it's important to dress to protect yourself from the sun. In addition to **seeking shade** and **applying sunscreen**, **wearing sun-protective clothing** can go a long way in protecting you from the sun's harmful UV rays, which can increase your risk for skin cancer. However, not all clothes are created equal when it comes to sun protection. Some clothes provide better UV protection than others.

The right sun-protective outfit:



Provides long-lasting sun protection.



Works great for all skin types and colors.

To help protect your skin from the sun, wear these clothes and accessories outdoors whenever possible:



A wide-brimmed hat with no holes in the fabric



Pants



Dark or bright colors



Sunglasses with UV protection



Tightly woven fabrics (ones you can't see through)



A lightweight, long-sleeved shirt



For more effective sun protection, select clothing with an ultraviolet protection factor (UPF) number on the label.



Make sure to apply a **broad-spectrum, water-resistant sunscreen** with an **SPF of 30** or higher to all skin not covered by clothing.



Reapply sunscreen every two hours when outdoors, or after swimming or sweating.



Don't forget your feet! When wearing sandals, flip-flops, or going barefoot, apply sunscreen to all exposed skin.

To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit SpotSkinCancer.org.

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Healthy Recipe

<https://www.tasteofhome.com/recipes/coconut-milk-strawberry-banana-pops/>

Coconut Milk Strawberry-Banana Pops

Healthy Recipe

By: Taste of Home Kitchen

Makes: 12 Servings

Prep: 10 minutes + freezing

Ingredients:

- 1 medium banana, sliced
- 1 can (13.66 oz) coconut milk
- 1 pint fresh strawberries, chopped, divided
- 2 tbsp. maple syrup
- 12 freezer pop molds or 12 paper cups (3 oz. each)
If using cups will need aluminum foil
- 12 wooden pop sticks

Salad

- 2 medium avocado
- 2 cups broccoli
- ½ cup blueberries
- ½ cup raspberries
- ½ cup blackberries
- 4 medium plums
- 4 medium nectarines
- ½ cup walnuts chopped



Directions:

1. Place coconut milk, 1 ½ cups strawberries, banana and syrup in a blender; cover and process until smooth.
2. Divide remaining strawberries among 12 molds or paper cups.
3. Pour pureed mixture into molds or cups, filling ¾ full.
4. Top molds with holders. If using cups, top with foil and insert sticks through foil.
5. Freeze until firm, at least 4 hours

Kitchen Tip: Frozen pops may be stored up to 6 weeks

Nutrition

1 pop: 51 calories, 3g fat (3g saturated fat), 0 cholesterol, 5mg sodium, 7g carbohydrate (5g sugars, 1g fiber), 1g protein.

Source: Taste of Home, <https://www.tasteofhome.com/recipes/coconut-milk-strawberry-banana-pops/>,
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