



July 2015 | Sun Skin Tips

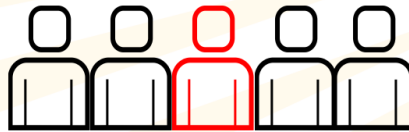
It's July Carolina And The Sun Is Out! Here Are Some Tips To Keep Your Skin Safe

Did You Know?



90%

of Visible Changes To Skin
Are Caused By The Sun



20%

of Americans Will Develop Skin
Cancer At One Point In Their Life

SKIN CANCER IS THE MOST COMMON CANCER

5 Things You Can Do To Protect Yourself

No. 1

ALWAYS. ALWAYS. ALWAYS.
Apply UVA/UAB Sunscreen Everyday
Even When It Is Cloudy

ALWAYS.

Reapply Every Two Hours



No. 2

ALWAYS.
Get A Physical
Once A Year



No. 3

ALWAYS.
Use Shade
AVOID.
Direct Sunlight



No. 4

AVOID.
Tanning



No. 5

ALWAYS.
Cover Up