

LA ROCHE-POSAY
LABORATOIRE DERMATOLOGIQUE

NEW

MY UV CHECK iPhone Application

Brought to you by La Roche-Posay Anthelios as part of a public awareness campaign to provide education on sun safety and the importance of skin cancer screenings.



Be Informed: 1st application to include your local UVA and UVB index

Get the Facts: Individualized sun risk diagnosis

Learn: How to check your own skin for suspicious lesions/moles

Protect your skin: Explore the Anthelios range for individualized product recommendations and to find the closest store near you



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WOMEN'S
DERMATOLOGIC
SOCIETY

PLAY
SAFE
IN THE
SUN

A Community Outreach
Service supported by

LA ROCHE-POSAY
LABORATOIRE DERMATOLOGIQUE



www.sossaveourskin.com

www.playsafeinthesun.org

Know the ABCDE's of Melanoma

If any mole shows signs of one of the following, it should be examined promptly:

Asymmetry: if one half of the mole is unlike the other half

Border: if the mole's border is irregular, jagged or poorly defined

Color: if the mole's color is varied from one area to another or has multiple shades including tan, brown, black or even white, red or blue

Diameter: if the mole grows wider than the size of a pencil eraser

Evolving: if the mole bleeds, hurts, itches, or stands out as different from the rest

Due to prolonged exposure to the sun on a regular basis, you may be at risk for developing skin cancer. Examine your skin once a month or have your skin thoroughly examined by a dermatologist at least once a year, or as recommended by your dermatologist.

Any area on your skin that crusts, bleeds, or does not heal after two weeks requires immediate attention from a dermatologist. If caught early, most skin cancers can be cured.

10 Sun Safety Tips for Golfers

Get into the swing of protecting your skin!

- Apply a **broad-spectrum (UVA and UVB) sunscreen** with an SPF of 30 or higher. Apply your first sunscreen of the day before you put on your golf clothing to be sure to protect the skin beyond where the shirt or short lines are, as areas may become exposed through movement during walking or swinging.
- **Use a golf-ball sized amount** of sunscreen (one ounce) to cover your entire body.
- **Re-apply every nine holes (every two hours!)** – even on a cloudy, overcast or cool day.
- **Completely coat** all exposed areas of your face and body. Don't forget the ears, neck, nose, shoulders, and the backs of your hands, arms, and legs.
- **Cover your lips** with a sun protective lip balm that contains an SPF of 30 or higher.
- **Check expiration date** on your sunscreen and remember that if you are using sunscreen properly, it should not last more than one season.
- **Seek shade** whenever possible, and cover yourself with a golf umbrella between holes. If possible, try to avoid playing during the sun's peak hours of 10 am – 4 pm.
- **Wear a broad-brimmed hat** (preferably at least two inches with a back flap) instead of a baseball cap to help protect your face, ears and neck.
- **Protect your eyes** with UV-protective sunglasses.
- **Wear sun protective clothing** (for example tightly woven cotton) including long pants and long-sleeved shirts as often as possible.

Make sun safety a way of life!