

Internationally Renowned Dermatologist Provides Tips To Protect Your Skin This Summer

(NAPSA)—After a grueling winter, summer is finally here and Americans across the country are trading their heavier layers for lighter wear. Whether your idea of fun in the sun is a picnic at the park, hiking, volleyball on the beach or grilling in the backyard, it's important to be mindful of one outer layer in particular: your skin. As seen on ABC's "Good Morning America" and NBC's "TODAY", board-certified dermatologist, Dr. Jeanine Downie, offers these easy tips to help protect your skin while you embrace warm weather activities.

1. Apply sunscreen with SPF of 30 or higher at least 30 minutes before sun time. Make sure to reapply every two hours.

2. Add sunscreen to tips of ears, part lines of scalp and tops of the knees and feet—areas that often get forgotten.

3. Always wear UVA/UVB sunglasses to avoid sun's radiation and potentially long-term damage to eyes and the skin around them.

4. Wear tightly woven clothing and wide-brim hats for more sun protection. Look for UPF clothing above 30.

5. Do not scratch! Bug bites will take longer to heal, may heal in a dark mark and could get infected. Instead, pack Cortizone-10 Intensive Healing Formula, which contains the #1 doctor-recommended medicine* for treating itchy skin. The extra-creamy formula goes on smoothly and relieves itch quickly



You may enjoy the sun and fun in the fresh outdoors even more when you know you're properly protected.

while helping to heal the skin issue. It is proven to moisturize for 24 hours** with 7 moisturizers and 3 skin-nurturing vitamins.

6. Skin needs hydration. Drink water regularly, especially in the heat. Plan ahead and freeze water in reusable water bottles. As the day goes on, the ice will melt and the water will stay cold and refreshing.

Before stepping outside, be sure to follow these easy steps to help protect your skin. After all, summer months may come and go but your natural glow is available year-round. Learn more ways to care for your skin this summer by visiting www.cortizone10.com.

* Data on file, Chattem, Inc.

** Refers to the ingredient hydrocortisone