



spotlight on health

Protecting Your Skin Is In!

(NAPSA)—Warmer weather is here and it's only natural to want to spend more time in the sun. Unfortunately, the hot summer sun is your skin's worst enemy. Basking in the sun, especially without protecting your skin, can lead to unsightly wrinkles, premature aging and worst of all, life-threatening skin cancer. Fortunately, there are many things you can do to guard your skin this summer.

"Protecting your skin from sun damage doesn't have to mean locking yourself indoors all season. You can enjoy the warm weather and protect your skin at the same time by taking a few simple precautions," said Rite Aid Pharmacist Sarah Matunis, R.Ph.

Sun Safety Tips

Try to avoid exposure to the sun when UV rays are strongest, generally between 10 a.m. and 4 p.m.

Use sunscreen with a sun protective factor (SPF) of at least 15, even on cloudy days. For children, an SPF of 30 or higher is best. Reapply it at least every two hours—always after swimming, perspiring, or playing vigorously.

Wear UV-protective sunglasses and loose-fitting clothing that covers as much of your skin as possible. Protect your lips with a balm with sun block.

No shadow? Seek the shade! If your shadow is shorter than you are, you're likely to sunburn.

If you take medication, ask your doctor or Rite Aid pharmacist if it could make you more sensitive to sunlight. Some drugs interact with ultraviolet or visible



Enjoying sunny days starts by protecting yourself with sun-block, hats and shade.

light, increasing sun-sensitivity and causing greater risk of sunburn, age spots and wrinkles. Sun-sensitive chemicals can also be found in herbal and other health and beauty products. Ask your pharmacist what types of products may cause this adverse reaction.

Block the Sun, Not the Fun

Through the National Association of Chain Drug Stores' Sun Safety Alliance, Rite Aid pharmacists are ready to give parents the latest tips and resources to teach kids to block the sun and still have fun outdoors.

"Just one bad, blistering sunburn as a child can double the chance of developing skin cancer later in life. Two serious sunburns increase the risk by nearly 70 percent," added Matunis. "The single most important thing you can do for your skin is to wear sunscreen daily."

Everyone should be able to enjoy sunny days. For more information on protecting your skin from the sun, talk with your Rite Aid pharmacist or visit www.riteaid.com.