

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:

A**symmetry:** if one half of the mole is unlike the other half

B**order:** if the mole's border is irregular, jagged or poorly defined

C**olor:** 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

D**iameter:** if the mole grows wider than the size of a pencil eraser

E**volving:** if the mole bleeds, hurts, itches, or stands out as different from the rest

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 Outdoor Enthusiasts

Make sun safety a way of life!

- 30 minutes before going outdoors, apply a **broad spectrum (UVA and UVB) sunscreen** with an SPF of 30 or higher.
- **Use a ping-pong ball sized amount** of sunscreen (one ounce) to cover your entire body.
- **Re-apply every two hours** – even on a cloudy, overcast or cool day. If you are going to be swimming, make sure to re-apply as soon as you get out of the water.
- **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.
- **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!