



**JULY 2020**

## UV SAFETY MONTH

**July is UV Safety Month – filled with hot days, swimming, beach time, vacations and many outdoor activities.** But amid the COVID-19 pandemic nothing feels carefree now. As states move to relax restrictions intended to fight the pandemic, even the simplest outdoor activities may seem fraught with many questions and calculations.

Although many people may not take their typical vacation, everyone who can, will spend a large amount of time outdoors. **With restrictions on many indoor dining options, indoor activities and indoor business occupancy reductions - more people will spend time outdoors and for longer periods of time.**



**Being outdoors is much better than indoors in almost all cases. The risk of outdoor COVID-19 transmission is low if you stay 6 feet away.** Since we will all be outdoors more, it is more important than ever to prevent skin cancer. Despite awareness efforts around sun safety, a million cases of skin cancer are diagnosed every year.

**1 in 5 Americans will get skin cancer during their lifetime, and it's the second-most diagnosed form of cancer in 15 to 29-year-olds. There is good news too, when detected early, skin cancer has a 98% survival rate.**

Take time to revisit skin cancer warning signs and perform at-home skin exams. The Skin Cancer Foundation recommends you examine your skin head-to-toe every month. **If you see anything new, changing or unusual, contact a dermatologist. Go to the TheBigSee.org for warning and self-exam information.**

## DIABETES AND SUN PROTECTION

### RX AND THE SUN

**Diabetic medicines can increase your sensitivity to the sun.** Take precautions to limit overexposure to the sun. Diabetes medications may also be sensitive to the sun. **Insulin or incretin mimetics, should not be exposed to direct sunlight, or become too warm.**

### PROTECT YOUR FEET & EYES

**Remember to apply sunscreen to the toes and top of the feet.** People with diabetes need to **take care of their feet** as it can affect the nerves of the feet causing difficulties with healing.

**Diabetes can raise the risk of retina damage.** Protect your eyes from the sun to avoid any additional retina damage from occurring. **Pick sunglasses with a 'CE mark', marked as UV 400 or that provide 100% UV protection.**

## HOW TO USE TELEDERMATOLOGY

If your dermatologist is not seeing patients in the office or is extra busy because of a back-up from patient's whose appointments were cancelled due to COVID-19, see if your doctor offers any teledermatology options. If you have a medical emergency, you should still try to get in to see a dermatologist as soon as possible. **For non-emergencies, Here's how teledermatology can help when it comes to skin cancer:**



**TAKE PHOTOS** with your phone of anything new, changing or unusual on your skin and monitor it over time.



**SHARE YOUR PHOTOS** with your dermatologist who can look them over virtually and provide advice over the phone. They will determine if you need to come into the office or not.



If you've recently been treated for skin cancer, your dermatologist can provide follow-up care over the phone or via video sessions.



## TIPS FOR SUN SAFETY & SKIN HEALTH



Make a yearly date with your dermatologist for a skin cancer screening. Check your own body once a month for changes in the shape, size and color of moles.



Don't forget your ears, hands, feet and neck when applying sunscreen.



Use sunscreen when driving on long road trips – windows do not protect you from the sun!



Pack an umbrella AND sunscreen: 80% of UV rays pass through clouds, so wear sunscreen regardless of the weather.



Protect your lips! Your lips have less melatonin than the rest of your body.



Use a golf-ball sized amount of sunscreen to be sure your entire body is protected.



Make sure everything you wear offers sun protection, from hats to sunglasses to facial moisturizer.



Set your watch to remind you to reapply sunscreen every 2 hours.



Remember that the sun never takes a vacation, so apply sunscreen in all four seasons of the year.