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Sun Smart: The Secrets to Summer Sun Protection

By Sidney B. Smith, MD, FAAD

In the search for the elusive fountain of youth, adequate sun protection is often overlooked. Instead of basking in the sun or going to the tanning beds, we should be implementing a sun protection regimen if we really want to maintain that healthy, youthful glow. Sun protection encompasses much, much more than just sun block. It is a matter of being sun smart.

How can I be “sun smart” during the hot Mid-columbian basin this summer and still have fun? Following Dermacare’s three basic steps to being sun smart this summer will give you the protection you need for a summer full of fun while being protected from the harmful rays of the sun.

The *Dermacare three easy sun smart steps* are:

- 1 – *sun avoidance,*
- 2 – *sun protective clothing, &*
- 3 – *sun block application & reapplication.*

Your immediate first question is how can I have fun this summer if I have to avoid the sun? When possible, you should avoid direct sun exposure from 10 am to 4 pm. This is considered the peak hours when the ultraviolet rays from the sun can do the most burning damage to your skin. If I either want to or need to be outside, what can I do? SEEK SHADE! Shade will not completely protect you from all the harmful rays (either direct or from reflection) but it is the smarter option.



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What do you mean by sun protective clothing or what is sun protective clothing? Each one of us should be using hats, sun glasses, and clothing that protects us from the sun. There are special clothing lines such as Solumbra, Coolibar, and Sunday Afternoons, to mention a few, that are dedicated to sun protection.

The last of the three Dermacare sun smart steps is sun block application and reapplication. Not all sun blocks are the same. Only about half of the commercially available sun blocks are good. So what makes a sun block good? For adequate UVA protection, the sun block needs one of three key ingredients: zinc oxide, titanium dioxide, or avobenzone. For adequate UVB protection, you must be at least a SPF 30 or higher. Remember, applying sun block once is not sufficient in protecting your skin from the harmful ultraviolet rays. Sun block must be reapplied frequently to give adequate protection.

What else can I be doing besides following Dermacare's sun smart steps to maintain the healthy, youthful glow? It is vitally important to use an appropriate skin care regimen, both products and treatments, that can be specifically tailored for your individual needs. At Dermacare of Tri-Cities, you will sit down and talk one on one with a skin care expert who will do a FREE SKIN ANALYSIS using the latest technology available. Then you will have your personalized skin care regimen to maintain your healthy, youthful glow.

Come to Dermacare Laser and Skin Care Clinics of Tri-Cities for a FREE CONSULTATION for your own personalized skin care regimen. You too can EXPERIENCE THE DERMACARE DIFFERENCE!

For more information, visit us at www.dermacare.com/tricities.



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Dr. Sidney B. Smith, a Board Certified Dermatologist, owns Dermacare of Tri-Cities and is the Chair of the Dermacare Corporate Medical Board of Directors. Dermacare is an international laser and aesthetic skin care company.

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