

# skin care

## nurture your skin

Simple tips to keep your skin  
safe, healthy, and radiant





## HEALTHY SKIN STARTS WITH YOU

Many people are proactive when it comes to their health. They eat right, exercise daily, and visit their doctor for timely health screenings. But there's one thing many people overlook, and it happens to be the body's largest and most visible organ: the skin.

### Shedding light on sun exposure

While changes occur in your skin as it ages, most changes are the result of sun exposure. Regardless of your natural skin tone, the sun's ultraviolet (UV) rays put you at risk for premature aging, immune system damage, and skin cancer.

Skin cancer is the most common form of cancer in the U.S., and more than 2 million people are diagnosed each year. About 90 percent of nonmelanoma skin cancers — the most common type — and about 65 percent of melanomas — the deadliest type — can be attributed to UV radiation from the sun.

### Taking action today

You can protect your skin. Use this guide, courtesy of Rite Aid and The Skin Cancer Foundation, to learn about skin cancer prevention, early detection, and how to keep your skin healthy and radiant.

**What's your skin type? Find out by taking a short quiz at [www.riteaid.com/skincare](http://www.riteaid.com/skincare). You can also find expert tips and information on keeping your skin healthy.**



The Skin Cancer Foundation is the only global organization solely devoted to the prevention, early detection, and treatment of skin cancer.

## WHAT'S INSIDE

- 4 SUN SAFETY 101
- 5 NEW WAY TO FIND THE BEST SUNSCREEN
- 6 DON'T OVERLOOK THESE SUN-SENSITIVE SPOTS
- 7 TIME TO BAN THE TAN
- 8 CAN YOU SPOT MELANOMA?
- 9 YOUR SKIN SELF-EXAM IN 5 EASY STEPS
- 10 FAMILY FUN IN THE SUN — WITHOUT GETTING BURNED
- 11 TIPS TO KEEP YOUR SKIN LOOKING YOUNG



# SUN SAFETY 101

Sunlight produces two types of harmful rays that reach the earth: ultraviolet A (UVA) and ultraviolet B (UVB) radiation. UVB rays are the main cause of sunburn. But be on guard against UVA rays, too, since this UV type penetrates deeper into the skin and can lead to signs of premature aging, such as wrinkling and age spots. Excessive exposure to both forms of UV radiation can lead to skin cancer, immune system suppression, and eye damage.

## Sunscreen checklist

For effective everyday UVA and UVB coverage:

- ☐ Look for broad-spectrum sunscreens with an SPF of 15 or higher.
- ☐ Check for UVA-screening ingredients including stabilized avobenzone, ecamsule (Mexoryl™), oxybenzone, titanium dioxide, and/or zinc oxide.
- ☐ Apply 1 oz. (2 tbsp.) of sunscreen to your entire body 30 minutes before going outside, even on cloudy days.
- ☐ Reapply every two hours and right after swimming or heavy sweating.
- ☐ Use a water-resistant broad spectrum sunscreen with an SPF of 30 or higher for extended outdoor activity.

## 7 more smart steps to take

Using sunscreen is only one part of your daily sun-safety routine. Also:

- **Seek the shade**, especially between 10 a.m. and 4 p.m.
- **Never burn.**
- **Avoid tanning** and UV tanning booths.
- **Cover up with clothing**, a broad-brimmed hat, and UV-blocking sunglasses.
- **Keep newborns out of the sun.** Babies older than 6 months should wear sunscreen.
- **Examine your skin** from head-to-toe every month.
- **See your doctor** every year for a professional skin exam.



**Some medicines make your skin more sensitive to the sun. Ask your Rite Aid pharmacist if your medicine has this effect.**

## NEW WAY TO FIND THE BEST SUNSCREEN

With the dizzying array of sunscreen products, how can you tell which one is right for you? To easily identify safe and effective sunscreens, look for The Skin Cancer Foundation's Seal of Recommendation.

### Updated standards

As sun-protection technology has advanced, so too have the strict standards required for a product to carry the Seal of Recommendation. The latest update to these standards will require validation of the sunscreen's UVA protection and photostability testing, in addition to the existing UVB requirement.

### Different seals for different use

Also, you may now see two Seals of Recommendation — "Daily Use" and "Active." Each Seal has different requirements and is categorized by its intended use.

- **"Daily Use"** products are designed to protect you from incidental sun exposure over short periods of time during activities such as shopping and short drives. Examples include daily moisturizers, cosmetics, foundations, eye creams, and lip products. These must have an SPF of 15 or higher.
- **"Active"** products require an SPF of at least 30 and must be water-resistant. They are intended to protect you from extended sun exposure during recreational activities such as outdoor sports, picnics, and pool parties. Examples include higher SPF products, sport sunscreens, and baby products.



Visit [www.riteaid.com/skincare](http://www.riteaid.com/skincare) to learn more about The Skin Cancer Foundation's Seal of Recommendation program.

## DON'T OVERLOOK THESE SUN-SENSITIVE SPOTS

### Keep eye safety in sight

Eyelid skin cancer may not be on your radar, but it actually accounts for 5 to 10 percent of all skin cancers. Glasses with lenses that absorb and block UV are one of the best defenses. But remember, fashion and high price do not guarantee safety. To stay protected, look for glasses that:

- Block 99 to 100 percent of both UVA and UVB light.
- Shield the eyes, eyelids, and surrounding areas. The more skin you cover, the better. Wraparound styles with UV-protective side shields are ideal.
- Have polarized lenses to eliminate glare.

Broad-brimmed hats and tinted visors also help. But sunglasses and hats can't cover your entire face, so remember to apply an SPF 15 or higher sunscreen to your face. You may want to use a sunscreen formulated especially for sensitive skin.

### Turn back the hands of time

Your hands are exposed to a great amount of sunlight over time. The wrinkles, brown spots, and leathery skin that appear as you age are mostly caused by the sun's UV rays. Cover the entire surface of your hands, including your nails, with an SPF 15 or higher moisturizing sunscreen daily.

### Don't forget your feet

Don't skip your feet when applying sunscreen — they're susceptible to damage from UV rays if you go barefoot or wear open shoes or sandals. Apply SPF 15+ sunscreen to your ankles and the tops and bottoms of your feet.





## TIME TO BAN THE TAN

By now, you know the dangers of unprotected sun exposure. But if you think indoor tanning is a safer option, think again.

Like the sun, artificial tanning devices release dangerous UV radiation. Indoor tanning is linked with a higher risk for all forms of skin cancer, including potentially deadly melanomas. Tanning also leads to premature skin aging and can harm your eyes and immune system.

Beauty experts and fashion insiders agree: Natural skin is in. To stay healthy and hip, give up tanning and embrace your skin's natural beauty.

Sunless tanning products, such as lotions and sprays, can give you a natural glow without damaging your skin. Look for products with an SPF of at least 15. And remember to reapply a separate SPF 15 or higher sunscreen every two hours when outdoors.

## WHAT ABOUT VITAMIN D?

While UV light is one source of vitamin D — a critical nutrient that helps keep your bones strong — the benefits of exposure cannot be separated from the harmful effects.

The safest way to get vitamin D is through a combination of supplements and food sources, such as oily fish and fortified dairy products and cereals.

Experts recommend these daily vitamin D amounts:

- Younger than 12 months: 400 IU (international units)
- Ages 1 to 70: 600 IU
- Ages 71 and older: 800 IU

## CAN YOU SPOT MELANOMA?

Melanoma is the deadliest type of skin cancer. But it's almost always curable if found and treated in the earliest stages, before it penetrates the skin.

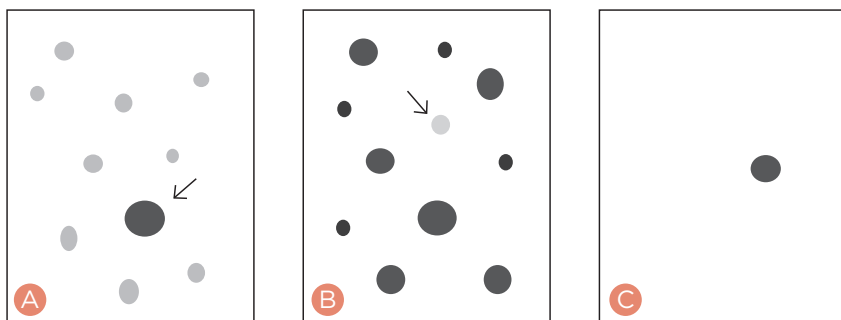
### Know your ABCDEs

Watch for warning signs such as a change in a mole or the appearance of a new mole. Here's what to look for:

- **Asymmetry.** The shape of one half of the mole doesn't match the other half.
- **Border.** Watch for moles with ragged, blurred, or irregular borders.
- **Color.** Look for moles with uneven color or different shades.
- **Diameter.** Watch for any size changes. Moles larger than a pencil eraser can be cause for concern. But smaller moles may be of concern, too.
- **Evolving.** A mole that changes in any way is worth having checked out.

### Don't ignore ugly ducklings

Not all melanomas show these signs. Your best bet for spotting harder-to-detect melanomas is to combine the ABCDEs with the new “ugly duckling” detection method. Your “normal” moles resemble each other, like siblings, while an “ugly duckling” looks, feels, or evolves differently than the surrounding moles.



- A** The “ugly duckling” is darker and larger than the surrounding moles.
- B** The “ugly duckling” is similar in size to some moles, but lacks pigmentation.
- C** If a single lesion shows any of the ABCDEs, get this “ugly duckling” examined.

# YOUR SKIN SELF-EXAM IN 5 EASY STEPS

Now that you know what to look for, here's how to examine your skin.

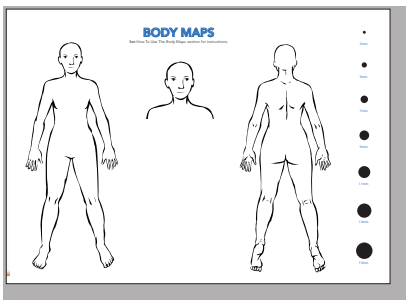
## Tips for success

The best time to do a skin self-exam is after a shower or bath. Check your skin in a well-lit room. Use both a full-length and a hand-held mirror so you can see your whole body. Do the exam the same way each time so you don't miss any part of your body. Know where your moles and birthmarks are and what they look like.



## 5-step check

- 1 Look at the front and back of your body in the mirror, then raise your arms and look at your left and right sides. With your back to the full-length mirror, use the hand-held mirror to inspect your back.
- 2 Bend your elbows and look at your palms, the nail bed of each finger, your forearms (including the undersides), and your upper arms.
- 3 Examine the back and front of your legs. Also look between your buttocks and at your genital area.
- 4 Sit and closely examine your feet, including the soles and the spaces between your toes. Also examine the nail bed of each toe.
- 5 Look at your face, neck, and scalp. Use a comb or a blow dryer to move your hair to better see your scalp.



Keep track of changes to your skin with an interactive body map, available at [www.riteaid.com/skincare](http://www.riteaid.com/skincare).

## FAMILY FUN IN THE SUN — WITHOUT GETTING BURNED

### At the beach

Water and sand can reflect up to 10 and 15 percent, respectively, of the sun's rays, making a day at the beach a high risk for skin. But you and your family can stay protected with these steps:

- **Lather up.** Choose a water-resistant sunscreen of at least SPF 30. Apply 1 oz. (2 tbsp.) 30 minutes before going outside and before putting on bathing suits. Reapply every two hours, and right after swimming, toweling off, or heavy sweating.
- **Cover up.** Stay protected with a broad-brimmed hat, UV-protective sunglasses, and clothing with an ultraviolet protection factor (UPF) of 30 or higher.
- **Go earlier or later.** The sun is most intense between 10 a.m. and 4 p.m. Consider heading to the beach by 7 or 8 a.m. and leaving by noon. Late risers might opt to arrive after 4 p.m.

### At summer camp

Without proper sun protection, a fun summer at camp can lead to painful sunburns, premature skin aging, and skin cancer. Just one severe sunburn in childhood doubles melanoma risk. Give kids a lesson in sun safety and pack plenty of sunscreen before sending them off to camp. Also, be sure that camp counselors are trained in sun safety and that there are plenty of places for kids to seek shade during outdoor activities.

**When packing for the beach or camp, remember: One 8-oz. bottle of sunscreen will cover about 16 hours in the sun.**



## TIPS TO KEEP YOUR SKIN LOOKING YOUNG

Caring for your skin is important to your overall health. But it's natural that you want it to look good, too. The biggest factor you can control is sun exposure, which can lead to wrinkles, liver spots, thickening skin, and both benign and malignant skin tumors. In addition to using sunscreen daily, seeking shade, and wearing protective clothing, these steps can also protect your skin from sun damage:

- **Kick the habit:** Cigarette smoking can cause skin discoloration and premature wrinkling. It can also increase the risk for skin cancer over time.
- **Hydrate skin:** Keep your skin moist to diminish fine wrinkles and prevent skin from cracking or flaking. Limit showers to no more than 10 minutes, and use warm instead of hot water. Hot water removes natural oils from the skin more quickly.
- **Seal in moisture:** In the shower, choose a mild, fragrance-free soap that moisturizes. After you're done, pat skin dry with a towel. Then, within three minutes, apply a moisturizer.
- ④ **Consume healthy food and drink:** Proper nutrition helps keep skin hydrated and healthy.

**Ask your Rite Aid pharmacist about over-the-counter anti-aging product options.**



# The Skin Cancer Foundation's Road to Healthy Skin Tour

**Presented by Aveeno® and Rite Aid**

Your skin protects you. Why not return the favor? Rite Aid is proud to sponsor The Skin Cancer Foundation's **Road to Healthy Skin Tour**. It's just one more way we go the extra mile for our communities. Don't miss this great event aimed at teaching you about safe and healthy skin care.

- Get a FREE full-body skin exam by a local dermatologist.
- Take home sunscreen samples and information on skin care treatments and products.
- Learn how to protect your skin from the sun all year long.

Visit [www.riteaid.com/skincare](http://www.riteaid.com/skincare) today to find the event date and address of your closest participating Rite Aid.

The Skin Cancer Foundation's



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