

Here's what's happening this month at



May is National Skin Cancer and Melanoma Awareness Month. Learning How to Prevent Skin Cancer May Save Your Life.

9 STEPS TO HELP YOU PREVENT SKIN CANCER:

- Be Informed - Be careful in the sun.
- Wear a broad-spectrum sunblock daily with minimum SPF 30, and reapply every 2-3 hours when outdoors.
- Avoid direct exposure to the midday sun - from 10am to 4pm.
- Wear sun-protective clothing, wide-brimmed hats and UV protective sunglasses.
- Monitor your children's sun exposure.
- Stay in the shade and still wear sunblock!
- Educate your teens about the dangers of tanning and tanning beds. Tanning beds are 10-15% stronger than the sun, increasing the risk of developing melanoma by 75%.
- If you discover a mole, lump or spot on the skin that looks suspicious, have it checked by your physician.
- Visit your Dermatologist annually for a Full Body Skin Exam.

8 QUICK SKIN CANCER AND MELANOMA FACTS:

- Over a million cases of skin cancer will be diagnosed this year; this doesn't include melanoma which causes the most skin cancer related deaths.
- Skin cancer is one of the most preventable types of cancer.
- One bad sunburn during the first 15 years of life can double the risk of skin cancer.
- The risk of some skin cancers can be reduced by up to 78% by protecting the skin during the first 18 years of life.
- Up to 80% of the sun's rays penetrate clouds and fog.
- Incorrect use of a sunblock can result in sunburn.
- Water reflects 5% of the sun's rays, concrete 10 to 12%, and snow 85%.
- To become familiar with and informed about the UV index and UV forecast, go to www.epa.gov/sunwise. (Save it as a Favorite on your Toolbar)

MAY PROCEDURE SPECIAL:

Skin Spectrums' Physicians & Certified Physician Assistants regularly perform **Full Body Skin Exams**. Be proactive. Make an appointment with our office.

Call to schedule your complete "head to toe skin exam" during the month of May and save 33%! Now only \$200, a savings of \$100!

MAY PRODUCT SPECIALS:



10% off
all
Sunblocks!



MAY UPCOMING EVENTS:

On May 11th say goodbye to your 11's!
Call 797-8885 to schedule your Botox or Dysport appointment.
Appointment Spaces are Limited

RSVP for **Wednesday evening, May 19, 6:00-7:30**, to learn more about "Skin Refreshers" and "What is Right for You". Successfully treating brown spots and fine lines is a Skin Spectrum forte.

Join our experts **Dr. Jody Comstock, Dr. Tina Pai**, and our **Certified Physician Assistants – Danielle, Christy & Kate** for a very educational and informative evening.

Attend our May Event to receive special pricing on VI Peel:
~One VI Peel for \$270, a savings of \$30
~A Package of Three VI Peels for \$750, a savings of \$150

Also enjoy individual consultations, fun door prizes, light hors d'oeuvres & refreshing tea!

RSVP to 797-8885 for the May 19th "Skin Refresher" Event
The seminar is limited to 25 participants.

520.797.8885
For more information
Visit us at SkinSpectrum.com

