

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

July 2019

Don't get burned this summer:
Protect your skin during outdoor activities!



Warmer weather means more outdoor activities! It also means it's time to carefully protect skin from the sun. To help prevent sunburn and decrease the risk of skin cancer, follow the recommended tips!

Sunburn is better prevented than treated, but if you do get a sunburn it is important to begin treating it right away:

- Take frequent cool baths or showers to help relieve the pain
- Use a moisturizer that contains **aloe** or **soy** to help soothe skin
 - Drink extra **water** to prevent dehydration
- Take extra care to **cover sunburned skin** while it heals

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Seek **shade** when appropriate

Wear **protective clothing**

Generously apply a **water-resistant sunscreen**



Aloe vera can help with the burning and stinging associated with sunburn



Soy allows skin to trap more water to aid in retaining moisture

Skin Cancer Facts

- On average, a person's risk for melanoma *doubles* if he or she has had more than **5 sunburns**
- Regular use of an SPF 15 or higher reduces the risk of developing carcinoma by **40 percent**
- More people are diagnosed with skin cancer *each year* in the U.S than all other cancers combined
 - *One in five* Americans will develop skin cancer by the **age of 70**

Apply sunscreen **15 minutes BEFORE** going outside

Apply sunscreen to **ALL** bare skin including a lip balm with SPF

Reapply sunscreen every **TWO HOURS** or immediately after swimming or sweating

Cancer Facts and Figures 2019. American Cancer Society.
<https://www.cancer.org/research/cancer-facts-statistics/all-cancer-facts-figures/cancer-facts-figures-2019.html>

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Candidate 2019

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