

# Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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## Sun Safety

Best protection is staying out of the sun or covering up with sun protective clothing

### Sunscreen: physical vs chemical

#### Physical sunscreens (aka mineral sunscreens):

- Two ingredients: zinc oxide and titanium dioxide
- Sits on top of the skin and deflect or reflect the sun's rays
- Work immediately after applied
- Offer the most broad-spectrum protection (against both UVA and UVB rays)
- Not always as water resistant as chemical options, so more diligence about reapplication may be needed

#### Chemical sunscreens:

- Absorbed in the top layer of skin
- React with the skin to absorb UV rays and convert them into energy before they can harm the skin
- Since chemical sunscreens need to be absorbed into the skin, they must be applied at least 20 to 30 minutes before going outdoors.

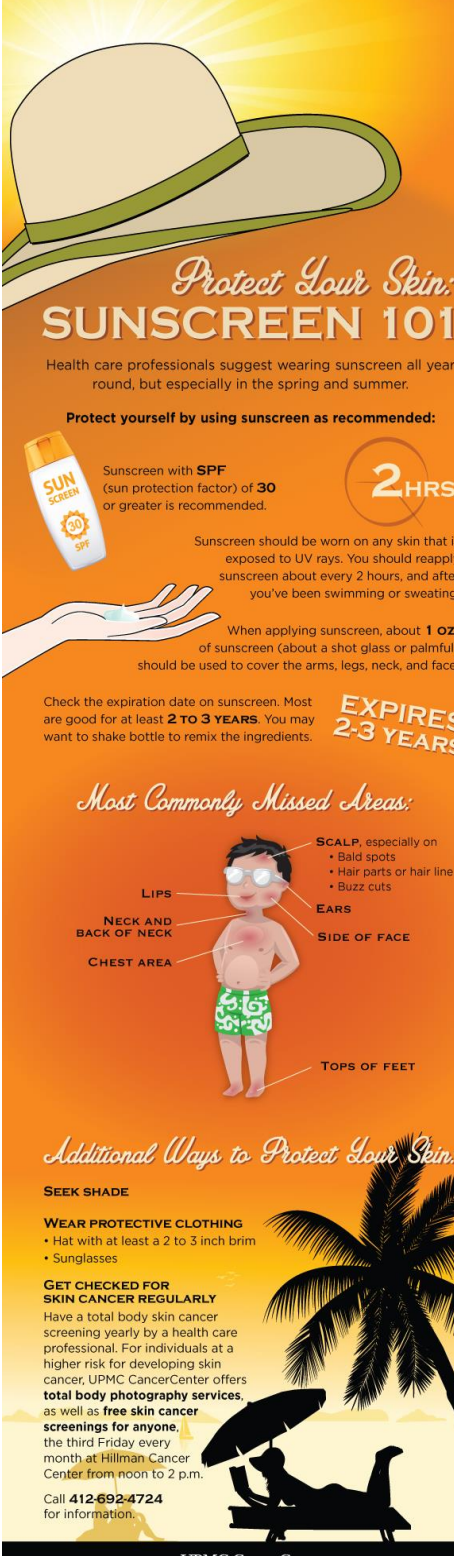
### Which sunscreen type is better?

- Both types of sunscreen provide adequate protection, the decision comes down to personal preference
- Physical/mineral sunscreens are milder and tend to be better for those with sensitive skin. However, they tend to leave a white cast that chemical sunscreens do not.
- Always choose a sunscreen labeled "broad spectrum" - offers protection against both UVA and UVB rays

### SPF

- The SPF number is the level of protection the sunscreen provides against UVB rays.
- Higher SPF numbers do mean more protection, but the higher you go, the smaller the difference becomes.
- SPF 15 sunscreens filter out about 93% of UVB rays, while SPF 30 sunscreens filter out about 97%, SPF 50 sunscreens about 98%, and SPF 100 about 99%.

Source: <https://www.painmedline.org/>



*Protect Your Skin:*  
**SUNSCREEN 101**

Health care professionals suggest wearing sunscreen all year round, but especially in the spring and summer.

**Protect yourself by using sunscreen as recommended:**

Sunscreen with **SPF** (sun protection factor) of **30** or greater is recommended.

**2 HRS**

Sunscreen should be worn on any skin that is exposed to UV rays. You should reapply sunscreen about every 2 hours, and after you've been swimming or sweating.

When applying sunscreen, about **1 OZ.** of sunscreen (about a shot glass or palmful) should be used to cover the arms, legs, neck, and face.

Check the expiration date on sunscreen. Most are good for at least **2 TO 3 YEARS**. You may want to shake bottle to remix the ingredients.

**EXPIRES 2-3 YEARS**

*Most Commonly Missed Areas:*

**LIPS**  
**NECK AND BACK OF NECK**  
**CHEST AREA**

**SCALP**, especially on  
• Bald spots  
• Hair parts or hair line  
• Buzz cuts

**EARS**  
**SIDE OF FACE**

**TOPS OF FEET**

*Additional Ways to Protect Your Skin:*

**SEEK SHADE**

**WEAR PROTECTIVE CLOTHING**  
• Hat with at least a 2 to 3 inch brim  
• Sunglasses

**GET CHECKED FOR SKIN CANCER REGULARLY**  
Have a total body skin cancer screening yearly by a health care professional. For individuals at a higher risk for developing skin cancer, UPMC CancerCenter offers **total body photography services**, as well as **free skin cancer screenings for anyone**, the third Friday every month at Hillman Cancer Center from noon to 2 p.m.

Call **412-692-4724** for information.

UPMC CancerCenter



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