



May 26, 2015 – Grand Rapids, MI

Skin Care: A Written Invitation

Story time: My father-in-law was in the Army Air Corp in WWII. On the way to Italy to begin his deployment in the B-24 Liberator "Miss Maggie," the crew stopped for a week in Belem, Brazil. It was summer and he and the other soldiers went swimming in the scorching sun. They spent all day at the beach, learning to body surf and having a great time. He and others were burned so badly, a few required hospitalization.



Move forward 40 years. That single exposure resulted in multiple episodes of skin cancer for Dad. Even at 92, he is still at risk and gets checked regularly.

That's why when I read a study that indicates only 18% of all men use sunscreen on their faces and just about a percent more on the rest of their bodies, I was beside myself (1). Are you kidding me? Women weren't that much better with 43% on their face and 34% on the rest of themselves. In researching the paper, I went through several issues of a dermatological journal. You think five minutes to put on sunscreen is inconvenient? You should see what treatment for skin cancer looks like.

What do you need, a written invitation? Okay, here it is: you're formally invited—and strongly encouraged—to use sunscreen.

Men, I'm especially talking to you. Man up and take care of your skin. You can get burned in winter or cloudy days, so find a lower-SPF moisturizer with sunscreen and make it part of your getting-ready routine all year round. If you're going to be out longer in strong sunlight, use a higher SPF and reapply often.

Maybe you've been reading on some health websites that sunscreen may not be safe or that it causes even more cancers. I'll address that issue in the messages the rest of the week.

What are you prepared to do today?

Dr. Chet

Reference: J Am Acad Dermatol. 2015. S0190-9622(15)01352-3.

WGVU FM 88.5/95.3 **npr** **Straight Talk on Health**

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGVU-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC