

Enjoy the Outdoors This Summer, But Protect Your Skin

Skin cancer, while one of the most common types of cancer, is one of the most preventable. This summer follow some of these guidelines to help protect yourself against this potentially deadly disease.

1. *Ultraviolet rays are at their strongest from 10am-4pm. Seek shade especially during these midday hours.*
2. *Wear protective clothing.*
3. *Wear a wide brimmed hat to shade face, head, ears, and neck.*
4. *Wear sunglasses that wrap around and block as close to 100% of UVA and UVB rays as possible.*
5. *Apply sunscreen with SPF 15 or higher that provides both UVA and UVB protection. It is important to remember that you should apply sunscreen EVERY day. Some of the worst sunburns occur on cloudy days. For more info and recommendations on sunscreen visit <http://www.skincancer.org/Sunscreen/>*
6. *Do not use tanning beds or sunlamps. The UV rays emitted are just as dangerous as those from the sun.*

Even by taking the proper precautions you may not be completely protected. Make sure to inspect your skin and note any changes or abnormalities. See a dermatologist at least once a year for a skin check-up. Early detection and treatment is key.

Do you already have sun damage that you would like to improve? The Rx Solutions skin care line available at Hawthorne Pharmacy has products that contain glycolic acid and retinol. These chemicals have been shown to improve the signs of sun damage. Drinking plenty of water and exercising regularly are also great ways to improve the look of your skin.

Reference:

*CDC Features- May is Skin Cancer Awareness Month:
Protect Your Skin <http://cdc.gov/Features/SkinCancer/>
Accessed 03/23/2011 2:57pm*

Healthy Disposals

Hawthorne Pharmacy is now participating in the National Community Pharmacists Association's medication disposal program. Bring your non-narcotic expired and unused medications to any of our locations, and we will safely dispose of them for you.

For more info on this program visit www.disposemy meds.org

May

Melanoma/Skin Cancer Detection & Prevention Month

Risk Factors

Although anyone can get skin cancer, there are some things that can put you at higher risk, like having:

- A lighter natural skin tone.
- A personal history of skin cancer.
- A family history of melanoma.
- Exposure to the sun through work and play.
- A history of sunburns early in life.
- Blue or green eyes.
- Naturally blond or red hair.

Have You Ever Wondered What to Do With Your Used Needles and Syringes?

You can purchase a sharps container, and throw it away once it's full, or SC DHEC provides free stickers to place on empty bleach or detergent bottles.

Simply adhere the sticker to the bottle, place used needles and lancets in the bottle, and then secure the cap and throw the bottle into the trash once it is $\frac{3}{4}$ full.

To order free stickers go to www.scdhec.gov/getthepoint

Ask The Pharmacist

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