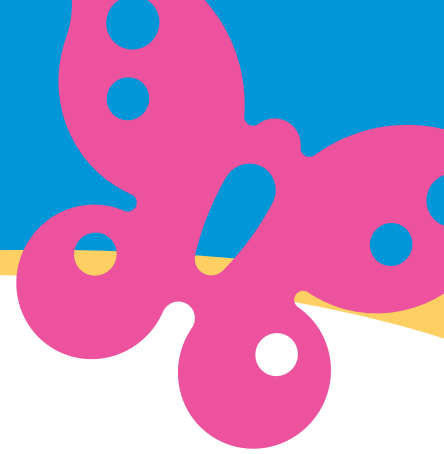


Children's Health Tips

brought to you by Sutter Roseville Medical Center



Sutter Roseville Medical Center provides women and children in Placer County advanced medical care in a family-centered environment. Sutter Roseville's renowned Family Birthing Center, which was recently updated and expanded, is the only one in the Sacramento region to receive the Maternity Care Excellence Award and a five-star rating from the national consumer group HealthGrades for two consecutive years (2009/2010). In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies who need specialized care.



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Be Sun Smart

You probably already wear sunscreen when you are at the beach, lounging by a pool, attending an outdoor event, or just walking around on a hot summer day. But the sun's rays affect our skin every day. In fact, most sun damage occurs as a result of incidental exposure during day-to-day activities, not at the beach.

Even on cloudy, cool, or overcast days, 80% of harmful UV rays travel through the clouds and reflect off sand, water, and even concrete. Clouds and pollution don't filter out UV rays, and they can give a false sense of protection. This "invisible sun" can cause unexpected sunburns and skin damage.

Unprotected sun exposure is even more dangerous for children with:

- moles on their skin (or whose parents have a tendency to develop moles)
- very fair skin and hair
- a family history of skin cancer, including melanoma

The American Academy of Dermatology recommends that all children regardless of their skin tone wear sunscreen. Although dark skin has more protective melanin and tans more easily than it burns, remember that tanning is also a sign of sun damage. Dark-skinned children can also develop painful sunburns.

Parents should know that even one or two blistering sunburns can significantly increase a child's risk for developing melanoma/skin cancer later in life.

Here are some helpful tips to protect your family from sun damage:

- Avoid being in the sun for prolonged times when it's highest overhead and therefore the strongest, which is normally from 10 a.m. - 4 p.m.
- One of the best ways to protect your family from the sun is to cover up and shield skin from UV rays. Ensure that clothes will screen out harmful UV rays by placing your hand inside the garments and making sure you can't see your hand through them. Hats and UV-blocking sunglasses should be worn when outside.
- Choose a sunscreen with an SPF 30 or higher and one that has broad spectrum coverage (for UVA and UVB rays). For sunscreen to be effective it needs to be applied generously 30 minutes prior to going outside. Reapply sunscreen often, approximately every 2 to 3 hours and after you sweat or swim.
- Babies under six months old should not use sunscreen and should be kept out of direct sun.
- Seek out shade when possible. When at the park take a break and sit under a shade tree and take an umbrella with you to the beach.

Being a good role model by wearing sunscreen and limiting your time in the sun not only reduces your risk of sun damage, but teaches your kids good sun sense.