

“Preventing Skin Cancer Starts Early”

Dr. Heather Haley, Haley Dermatology/CLEAR Medspa

Babies and small children need fresh air and light, but too much sun can be harmful. Their skin is delicate and burns easily. Researchers have found that severe sunburn in childhood can lead to a greater risk of the most deadly form of skin cancer later in life.

“The next generation should be much better off than our generation when it comes to skin cancer, because we were not as aware of the importance of skin protection growing up. Skin cancer cases are steadily increasing. I’d love to see those numbers actually decrease in the near future.”

~ Dr. Heather Haley
Haley Dermatology/CLEAR Medspa

Sun Safety Tips for Infants and Young Children

- ✓ Small children should always be kept in the shade.
- ✓ Avoid the sun between 10AM and 2PM. That’s when the sun’s rays are strongest.
- ✓ Light clothes and a hat provide great protection from the sun.
- ✓ Children should be given sunscreen with an SPF of 15 or higher that includes zinc oxide or titanium dioxide for the best protection.
- ✓ Apply sunscreen 30 minutes before you go out, and re-apply every two hours.
- ✓ Remember some sunscreens come off through contact with water, sweating, or rubbing with a towel.

What is SPF?

- ✓ SPF stands for Sun Protection Factor.
- ✓ It measures how much ultraviolet radiation it takes to produce a sunburn on protected skin compared to skin that’s not protected with any sunscreen.
- ✓ A higher SPF factor means greater protection against sunburn.
- ✓ SPF only indicates how well the sunscreen protects against UVB rays, which cause sunburn.
- ✓ SPF does not give you any information on protection from UVA rays, which contribute to skin cancer.

“Sprays and gels tend to be quick and easy, but they don’t always offer the best protection. I like zinc oxide or titanium dioxide for the best protection. It covers UVA and UVB rays. Sprays are better than nothing, but try to use the quality creams or lotions prior to going out and the sprays for adding on later.”

~ Dr. Heather Haley
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Keeping your child healthy is one of Dr. Haley's big goals. That's why Haley Dermatology and Thomas Hospital are teaming up for a free skin cancer screening on Saturday, May 16th from 8AM to 10AM at Haley Dermatology in Fairhope.

Dr. Haley is a board-certified dermatologist, specializing in skin cancer prevention and treatment, as well as minimally-invasive cosmetic procedures. To find out more about the free screening, or about the treatment and prevention of skin cancer, call (251) 928-3844. You can also find more information at www.haleyderm.com. Haley Dermatology Group is located at 202 Rock Creek Parkway in Fairhope, Alabama.