



UVA and UVB RAYS . . . What's the Difference???

UV stands for ultraviolet radiation. **UVA** rays can pass through window glass, penetrate deeply into the skin and cause signs of aging. **UVB** rays are blocked by window glass but can still cause a sunburn. A good way to remember is that **UVA** rays cause **A**ging and **UVB** rays cause sun**B**urn.



Over a million new cases of skin cancer will be diagnosed this year and excessive exposure to both UVA and UVB rays increase your risk. For best protection, use a broad spectrum sunscreen against both UVA and UVB rays with an SFP (Sun Protection Factor) of at least 15. Dr. Jeffrey Greenberg, a local radiation oncologist, recommends that you limit your time in the sun to when your shadow is longer than your body!

Also . . . remember the **SLIP, SLOP, SLAP and WRAP Rule:**

SLIP on a shirt

SLOP on sunscreen

SLAP on a hat

WRAP on sunglasses to protect your eye from ultraviolet rays!

The Medical Center of Plano, in conjunction with the American Cancer Society and the Dallas/Ft. Worth Dermatological Society, will be sponsoring a FREE melanoma and skin cancer screening:

SATURDAY, MAY 21, 2011

8:00 AM – NOON

No appointments; FREE parking



**The Medical
Center of Plano**