


MAY IS SKIN CANCER AWARENESS MONTH
PROTECT AND CHECK YOUR SKIN
FEATURE ARTICLE

May is skin cancer awareness month, and as a dermatologist, it is a time that I put extra focus on raising awareness about skin cancer via education and skin cancer screenings. We kick off the month with Melanoma Monday (May 6th) which spotlights the most aggressive and deadliest form of skin cancer that has been on the rise for years. On average, 1 person dies from melanoma every hour! In 2018, the American Cancer Society estimates that 91,270 people will be diagnosed with melanoma and 9,320 will die from melanoma in the United States.



Melanomas often resemble moles (most are black or brown) and can develop on their own or from a changing existing mole. Most melanomas, similar to non-melanoma...

[READ FULL ARTICLE HERE](#)
PRODUCT OF THE MONTH
SPECIALS
ALL SUNSCREENS 15% OFF

As part of Skin Cancer Awareness Month, take 15% off all sunscreen for the month of May.


SERVICE OF THE MONTH
RECEIVE A FREE GIFT WITH ANY FACIAL SERVICE


For all SPECIALS, email us at info@skinwellfl.com or call (239) 732-0044.

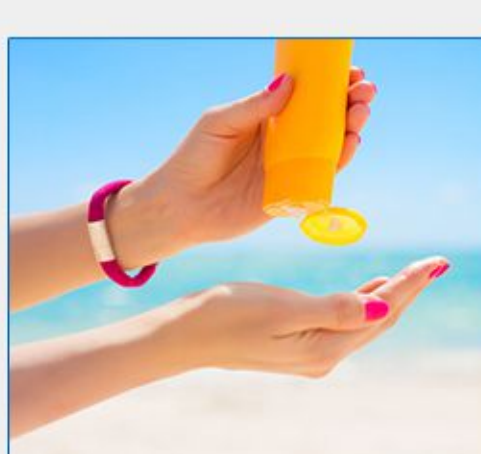
SPOTLIGHT
DISCOVER STEPHANY

Hi I'm Stephany. I am the lead triage medical assistant. This means that when you call for pathology results, prescription refills or any questions regarding your care, you have probably spoken to me. I have been in dermatology since 2013 and I love this field. I am currently working on my Bachelors degree at FGCU and hoping to get into the Physician Assistant program. I am also a mother of two and when I am not working or at school I am most likely at some sporting event or outdoors with my kids.


DECODING YOUR SUNSCREEN
INSIDER INFO

BY CHRISTINA L. TREMBLAY, PA-C

Not all sunscreen is created equally! It is important to know the terms and ingredients you should look for in your sunscreen to ensure you get the most protection -



Ingredients: Your skin is the largest organ of the body and is capable of absorbing chemicals placed on your skin; therefore, it's important to know what is in your sunscreen! There are two types of sunscreen - physical and chemical. Physical sunscreen works like a shield and sits on your skin's surface to deflect the sun's rays.

These sunscreens contain zinc and/or titanium as the main components. These ingredients are preferred because they are minerals that physically block the sun and are not absorbed into the skin like chemical sunscreens. Chemical sunscreens work like a sponge and absorb the sun's rays. Some examples include avobenzone, oxybenzone, and octinoxate. These chemicals have to be absorbed in the body and are generally less preferred.

SPF: SPF or sunburn protection factor indicates the UVB/sunburn protection provided by sunscreen. Stick to sunscreens that are at least SPF 30. No sunscreen can filter out 100% of the sun's UVB rays, but SPF 30 can filter out 97%. That being said, most people aren't putting on nearly enough sunscreen to get the full coverage. Studies show that on average, people apply only one-fourth to two-thirds the amount necessary to reach the SPF rating! A good rule of thumb is to apply one ounce - about the size of a shot glass - to fully cover your body!

Broad Spectrum: This term refers to sunscreen that protects you from both UVA (aging) and UVB (burning) sun rays. UVA rays contribute to premature aging such as wrinkles and age spots. UVB rays can burn your skin. Increased exposure to these rays increases your risk of developing skin cancer, so using sunscreen that offers broad spectrum is crucial. Zinc and titanium are the ingredients that provide the broadest spectrum against both UVA and UVB.

Water Resistant: No sunscreen is water proof. However, you can get sunscreen that is water resistant or very water resistant. Water resistant sunscreen stays effective for 40 minutes in the water and then needs reapplication. Very water resistant sunscreen stays effective for 80 minutes in the water before needing reapplication. It is important to remember that even if you are not in the water, all sunscreen should be re-applied approximately every 2 hours.

Keep these tips in mind when you're applying your sunscreen daily. Remember - you're never fully dressed without a smile and sunscreen!

[VISIT OUR NEW WEBSITE!](#)

(239) 732-0044 | Naples, FL | [G+](#) [f](#) [t](#) [i](#) [p](#)

East Naples Office: 8625 Collier Blvd., Naples, FL 34114

Downtown Naples Office: 1300 Goodlette Rd N, Naples, FL 34102

Marco Island Office: Marco Medical Center, 531 Bald Eagle Drive, Marco Island, FL 34145