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JULY 11, 2022

NEWSLETTER

THE LATEST FROM DR. YOO REGARDING DERMATOLOGY AND SKIN CARE

SUMMER IS HERE!

HOW TO TREAT SUNBURNS

WITH THE SUNNY SUMMER WEATHER HERE, MORE PEOPLE ARE SPENDING TIME OUTSIDE. TO PREVENT GETTING SUNBURNS, IT IS INCREDIBLY IMPORTANT TO WEAR SUNSCREEN AND LIMIT DIRECT EXPOSURE TO THE SUN. GETTING SUNBURNS HAS MANY LONG-TERM CONSEQUENCES SUCH AS PREMATURE WRINKLING AND INCREASED RISK FOR MELANOMA.
SUNBURNS CAN ALSO CAUSE SHORT-TERM PAIN AND ITCHINESS. IN THE CASE THAT YOU RECEIVE A SUNBURN, HERE ARE SOME WAYS TO TREAT IT.

TREATING SUNBURNS

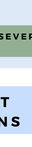
1 USE AN ALOE VERA OR SOY CONTAINING MOISTERIZER

- APPLY TO AFFECTED AREAS TO SOOTH THE PAIN
- TIP: COOL PRODUCT IN THE REFRIGERATOR
- AVOID PRODUCTS THAT CONTAIN ALCOHOL



2 DRINK LOTS OF WATER

- SUNBURNS DRAW FLUID AWAY FROM THE SKIN'S SURFACE
- DRINKING EXTRA WATER HELPS PREVENT DEHYDRATION



3 PREVENT FURTHER SUN EXPOSURE



- WEAR TIGHTLY-WOVEN FABRICS THAT COVER THE SUNBURNT AREAS WHEN OUTDOORS
- THIS ALLOWS THE SUNBURNT SKIN TO HEAL WITHOUT BEING FURTHER DAMAGED

4 TAKE FREQUENT COOL BATHES OR SHOWERS

- THIS CAN HELP EASE THE PAIN
- APPLYING MOISTURIZER AFTERWARDS CAN ALSO HELP RETAIN THE MOISTURE IN THE SKIN



5 ALLOW BLISTERS TO HEAL

- BLISTERS FORM TO HELP THE SKIN HEAL AND PROTECTS FROM INFECTIONS
- DO NOT POP THEM!



IF THE SUNBURN IS EXTREMELY SEVERE, PLEASE VISIT A DERMATOLOGIST

HOW TO PREVENT GETTING SUNBURNS

1 WEAR SUNSCREEN

- THIS IS SUPER IMPORTANT!
- USE A BROAD-SPECTRUM, WATER-RESISTANT SUNSCREEN WITH AN SPF 30 OR HIGHER
- REMEMBER TO REAPPLY EVERY 2 HOURS



2 AVOID INTENSE MIDDAY SUN



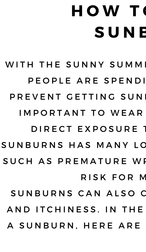
- LIMIT SPENDING TIME IN THE SUN DURING 10 AM - 4 PM
- SPEND SOME TIME DOING INDOOR ACTIVITES DURING THIS TIME!

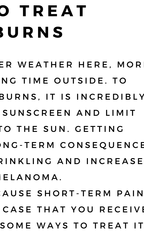
3 WEAR PROTECTIVE CLOTHING

- IF YOU GO OUTSIDE, REMEMBER TO WEAR PROTECTIVE CLOTHING SUCH AS WIDE BRIMMED HATS, LONG SLEEVES, PANTS, AND SUNGLASSES

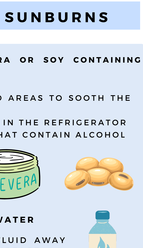
CHECK OUT SKINBETTER SCIENCE CREAM!

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Jane Yoo MD

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