

July 27, 2022



## Protecting Your Skin From The Sun



**Dr. Linda Camp**

Summertime often means fun in the sun, but also increased exposure to the sun's harmful ultraviolet (UV) rays. During UV Safety Month in July, Salem Regional Medical Center (SRMC) is highlighting the importance of protecting skin from the effects of UV rays.

"UV rays are an invisible kind of radiation that comes from the sun and artificial sources like tanning beds," explained Linda Camp, M.D., FACS, plastic and reconstructive surgeon affiliated with SRMC Plastic Surgery and Salem Regional Medical Center's medical staff.

"There are different types of UV rays. UVA rays can prematurely age your skin, causing wrinkling, loss of elasticity and age spots. UVB rays can burn your skin. Both can cause skin cancer."

Sunscreen acts as a shield for your skin cells and protects your skin from damage. Dr. Camp noted that when choosing a sunscreen, you should look for the words "broad-spectrum" to shield against both UVA and UVB sunrays.

"I recommend using a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher," she advised. "Clinical grade sunscreens, such as those by ZO® Skin Health offer physical and chemical filters that provide barriers against UVA and UVB rays."

### **Sunscreen Specials at SRMC Plastic Surgery**

Throughout August, SRMC Plastic Surgery is offering sunscreen protection specials, featuring 15% off all ZO® sunscreens and 20% off ZO® sunscreens bundled with recovery crème. Powered by Triple-Spectrum Protection®, each ZO® sunscreen product is designed for complete skin defense to protect against damaging UV + IR-A rays and blue light.

"These products are available in a variety of tints and textures, and go beyond traditional sunscreens with scientifically superior total skin defense, providing skin with both short-term and long-term protection from the aging effects of the sun," Dr. Camp said.

For more information about the Sunscreen Protection Specials, call SRMC Plastic Surgery at 330-332-7383.

*Linda Camp, M.D., FACS, Plastic & Reconstructive Surgery, treats patients at SRMC Plastic Surgery, located at 2094 East State Street, Suite G, in Salem. Appointments with Dr. Camp can be scheduled by calling 330-332-7383. She is affiliated with Salem Regional Medical Center's medical staff.*