

Protecting Your Skin from the Sun

Many people spend more time outside as the weather continues to get warm, which can increase exposure to the sun's harmful ultraviolet (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, a board certified 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, people 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."

Free Screenings and Sunscreen Special

During Skin Cancer Awareness Month in May, Dr. Camp and Maria Greier, NP, will offer complimentary skin cancer screenings at SRMC Plastic Surgery. Exams will be provided in their office by appointment only from 9 a.m.-2:45 p.m. on May 18 and 25. Appointments can be scheduled by calling SRMC Plastic Surgery at 330-332-7383.

SRMC Plastic Surgery is also offering 15% off all ZO[®] sunscreens throughout May. 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.



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For more information or to schedule an appointment with Dr. Camp, call SRMC Plastic Surgery at 330-332-7383. The practice is located at 2094 East State Street, Suite G, in Salem, www.srmcplasticsurgery.com.