Sun Protection - No Skin Off Your Nose Infographic



Top 5 Sun Protection Mistakes (Plus, How to Avoid Them!)

We talked with OhioHealth surgical oncologist Natalie Jones, MD, to find out where we're making mistakes with sun protection, what long-term effects can result from excessive sun exposure, and how to get back on the right track.



Mistake: Paying too much for sunscreen & not using it often enough

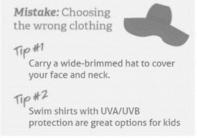
Tip #1

SPFs with higher price tags don't always equal more coverage.

If it's more affordable, you're more likely to use it properly. Generously apply
SPF 15 to 30 sunscreen
every 2-3 hours.



through the clouds.





Mistake: Not having a baseline medical examination of your skin

Tip #1

It's important to have a yearly skin exam (especially if you have moles or a fair complexion).

Tip #2

The sooner skin cancer is diagnosed, the better the opportunity for a successful outcome.

Source: https://blog.ohiohealth.com