

Showing Your Age? Get Skin Wise!

Sun Protection the Anti-Aging Secret

Rarely does one single thing have such a profound effect on our life and our youthful appearance. The Sun! 90% of all visible skin aging comes from UV radiation. The majority of all skin cancer is caused by UV radiation.



UV Avoidance is the Fountain of Youth!

Don't believe? Hold your arms in front of you. One forearm down and the other forearm up. Notice a difference in color, freckles, spots and skin texture? The difference is UV damage from the sun.

UVA and UVB – What's the Difference

The difference between UVA and UVB radiation is the wavelength of Ultraviolet light. UVA we refer to as the deep penetrating UV Aging rays and affect the collagen in our skin. UVB we call UV Burning rays because they are our early warning system to get out of the sun. Both damage skin. UVA deep damage causes wrinkling, sagging, discolored and spotted skin.

SPF Ratings Obsolete!

SPF ratings are 40 years outdated and only measure UVB burning rays....Not UVA! When buying a sunscreen or sunblock, make sure they are broad spectrum rated for both UVA and UVB radiation. State-of-the-art technology like Keys Solar Rx use broad spectrum visibly transparent zinc oxide.

The Secret? Always Cover-Up!

The tear-off card below is a pocket reminder to slip on UV protective clothing, slap on a big brim UV rated hat, slop on sunblock on unprotected skin and wear UV rated shades to protect that soft tissue around the eye and the eyes themselves.



Stop Visible Aging...
Get Sun Wise!

Slip

on UPF Clothing



Slop
on a UVA & UVB
Sunblock



Slap
on a Wide Brim Hat



Shades

Wear UV Blocking
Sunglasses

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Best Skin Cancer Prevention?

Sun Avoidance!

The Cause?

The #1 cause of all skin cancer is UVA and UVB exposure. Heredity plays in, but pales in comparison to UV damage.

What is the Worst Form of Skin Cancer?

All of them!

There are three forms of skin cancer. Basal and Squamous skin cancer is slow growing and can be the most disfiguring because it spreads wide and deep. Alarmingly, we are seeing rising basal cell skin cancers in teens and young adults. Squamous cell skin cancer is usually found in older adults.

Melanoma is deadly. If not detected early, it quickly spreads to the lymph nodes and other organs. Because it is so insidious, NEVER let anyone remove a mole or suspected growth without a biopsy...Never! If you suspect anything, go to a dermatologist with a certified Mohs surgeon and demand immediate biopsy results be done in real-time. Early detection saves lives!

How Do I Know?

You are at risk of contracting skin cancer if you are fair-skinned, have 50+ moles or have a family history of skin cancer. Early detection is the key in all cases. You must recognize the changes and remember that your skin is your largest organ. Below is a medical device. This card is your early warning system for Melanoma. Remember any changes in your skin are worth the investigation. In a risk group or have a family history, get to know a dermatologist that believes in prevention.

The card explains the A, B, C, D & E's of Melanoma skin cancer diagnosis. The 6mm scale on the ruler is your test for all forms of skin cancer. Anything larger than that needs to be checked.

Remember you are the guardian of your life. No one else! Do not intentionally expose your skin to UV from sunlight or tanning beds. Time to get wise...Skin Wise



Go to Clean Green Cafe for more articles and information

www.Keys-Soap.com

Please follow these warning signs of Melanoma:

Melanoma ABCDE'S

A-Asymmetry: one half does not match the other

B-Irregular Border: Edges are ragged, notched or blurred.

C-Color: No uniform color; from tan through red to blue.

D-Diameter: 6 mm Size matters, see guide below.

E-Evolution: Melanoma can be small; any changes in size, color, shape or texture of a mole, itching or bleeding, change in skin? See a dermatologist immediately.

Scale is approximate.

