

Fun in the Sun: Remembering more than just the sunscreen

INTRO:

PUT ON SUNSCREEN. WEAR A HAT. STAND IN THE SHADE.

THESE ARE PROBABLY A FEW THINGS YOU'VE HEARD ONCE... OR A THOUSAND TIMES... OVER THE YEARS BY A PARENT... TEACHER OR COACH.

TAKE VO

HOWEVER – ROUGHLY 5-POINT-4 MILLION BASAL AND SQUAMOUS CELL SKIN CANCERS ARE DIAGNOSED EACH YEAR. SKIN CANCERS ARE BY FAR THE MOST COMMON TYPE OF CANCER IN THE UNITED STATES. BUT WHAT ARE WE FORGETTING? DR. TIM SMILE – A RADIATION ONCOLOGIST WITH OSF HEALTHCARE – BREAKS DOWN KEY TIPS FOR PEOPLE TO REMEMBER BEFORE HEADING OUTSIDE.

TAKE SOT

"When you're choosing a sunscreen, it's important to pick one that has good UV-A and UV-B protection, so a broad-spectrum one. If you have any questions about that, talk to your primary doctor or a dermatologist."

VO TAG

DR. SMILE SAYS TO NOT FORGET THE TOP OF YOUR EARS... THE BACK OF YOUR NECK... OR BETWEEN THE TOP OF YOUR CHEST AND NECK. THESE ARE CONSIDERED HIGH-RISK AREAS – AND CAN LEAD TO ADVANCED SKIN CANCERS SINCE IT'S AN AREA NOT USUALLY COVERED FROM SUN EXPOSURE... BY YOUR CLOTHING.

VO/SOT #2:

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"A lot of people wear a nice baseball hat that covers their faces really well, but the tops of your ears, neck, and even the front of the top of your sternum area can get exposure to the sun without you realizing it. Keep an eye on those areas and make sure you're applying sunscreen there."

VO TAG

JUST BECAUSE IT'S OVERCAST – DOESN'T MEAN THE U-V RAYS AREN'T THERE. DR. SMILE SAYS YOU CAN STILL GET BURNT... AND THESE TIPS ARE STILL APPLICABLE. AND – DON'T FORGET YOUR LIPS! YOU CAN FIND LIP BALMS WITH S-P-F PROTECTION... DR. SMILE ADDS THE LIPS CAN GET SUNBURNT AND LEAD TO SKIN CANCERS DUE TO U-V EXPOSURE.