

skin care

glow with health

Protect your skin and look more vibrant than ever with expert advice and recommendations.





Meet the worldwide authority on skin cancer prevention and protection.

Rite Aid is grateful for the information provided for this guide by our partner The Skin Cancer Foundation. We're even more thankful for the lifesaving mission they fulfill every day, around the world. The Skin Cancer Foundation is the only global organization solely dedicated to this all too common condition. To learn about all their good work and get the information you need to keep you and your family well, visit www.skincancer.org today.



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Going beyond lotions to reach real solutions.

Rite Aid is your skin care resource center.

You will find the finest skin care products, helpful information and expert support at every Rite Aid Pharmacy. But the real power to protect your skin always starts with you. Our stores, guides, pharmacists and website are year round resources you can always count on to help you have the healthiest skin and the happiness it brings.

Be proactive in preventing skin cancer. It's hard to talk about. But skin cancer is a fact of life. When you are armed with the facts to prevent it, you can rest easier and feel protected. Here are a few quick statistics you should know to help you understand the need for positive action.

The problem is still growing.

1. The most common cancer in the United States?

You guessed right. Skin cancer. One in five Americans will develop skin cancer during their lifetime.

2. Melanoma numbers are growing.

Melanoma is the deadliest form of skin cancer. A person dies of it almost every hour.

3. Women at risk.

Women under 40 are at greater risk for melanoma than any other cancer but breast cancer.

4. The sun is the culprit.

About 90% of non-melanoma skin cancers and 65% of melanoma cases are associated with exposure to ultraviolet rays.

5. The burn factor.

Melanoma risks double with five or more sunburns in your life. Just one blistering burn before adulthood doubles melanoma risks later in life.



The solutions start with you. Summer is a magical time. Enjoy recreation, nature and the beach with confidence you've done everything you can to keep you and your family safe. Take the right precautions, with help from your Rite Aid pharmacist.

**Healthy Hint:**

Don't love sunscreen smell? Try different ones until you find a scent you like or try an SPF15 fragrance-free moisturizer for everyday use.

Prevention Guidelines Courtesy of The Skin Cancer Foundation

Putting sunscreen to good use.

Just slapping on the sunscreen isn't enough. Here are ways to maximize the benefits.

Read Labels. Use a sunscreen with an SPF15 rating or more, even on cloudy days.

Get an ounce of prevention. Use two tablespoons (1 oz) of sunscreen 30 minutes before going outdoors, every time you go out.

Reapply as needed. Use another ounce of sunscreen every two hours when outdoors and apply immediately after swimming or sweating.

Going Beyond Sunscreen.

The best sunscreen can't protect you completely, so follow these easy skin care tips.

Seek shade. Especially from 10am to 4pm.

Don't get burned. Avoid suntans and tanning booths.

Cover up. Use protective clothing, hats and UV-blocking sunglasses. Some specialty clothing actually has UV protection built in and a UPF (Ultraviolet Protection Factor) rating on the tag.

No sun for tiny ones. Keep newborns out of the sun until they are six months old, and then begin using sunscreen.

See your doctor. Get a professional skin exam from a physician every year.

Check yourself out. Examine your skin for changes from head to toe monthly.



Choosing the right sunscreen requires a little summer reading.

Light novels may be more fun to read at the beach than product ingredient labels. But a little reading can save you from a lot of the damaging rays of sun. We make it as simple as possible on this page. If you still have questions, stop in and ask your Rite Aid pharmacist to help you find the perfect product for your needs today.

You need two kinds of protection in one sunscreen. Both UVA and UVB rays can be harmful to skin. You need protection from both. Start with a sunscreen with a rating of SPF15 that will protect you against UVB rays. Then look for the following ingredients to safeguard you from UVA rays:

- Avobenzone
- Ecamsule (Meroxyl)
- Oxybenzone
- Titanium Dioxide
- Zinc Oxide

Swimming or working up a sweat?

Look for a water resistant sunscreen that will withstand 40 minutes of activity, or a very water resistant formula that gives you 80 minutes of protection.



Enjoy family fun without getting burned.

In addition to all the advice throughout this guide for grown ups, here are a few tips on sun safety for the younger ones.

Baby their skin. Keep newborns out of the sun until they're six months old, and then begin using sunscreen.

Teach your children well. You can't always be with your kids, but protection can. Teach them to apply sunscreen before they go outside. And make sure they have sufficient clothing to cover up during recess and other outdoor activities.

Make every family drive safer. Glass amplifies the sun, and unlike windshields, backseat and side windows offer almost no protection for the little ones. UV protective film is a solution. Look under glass tinting or glass coating in the Yellow Pages for installers.

Give your skin a sporting chance.

Different kinds of fun and recreation can call for different kinds of sun protection.

Avoid golf hazards and traps. In addition to ruining your game, sand traps and ponds can reflect sunlight causing harmful UV rays to hit your skin twice and endanger it. Apply sunscreen every nine holes or two hours, depending on your handicap, and whether you use a cart or walk!

Running? No sweat. Look for a sweat-resistant sunscreen that won't sting your eyes. Make a run to Rite Aid and a pharmacist can get you on the right track in record time.

Tennis anyone? Use a spray sunscreen and a lip balm that are both at least SPF30. Then reapply every two sets or two hours.

Beach and camping basics. Cover up with clothing. Use an umbrella. Avoid mid-morning to late afternoon exposure. Reapply sunscreen every two hours. Have fun!

Pick the sunglasses that are coolest for your eyes.

Everyone looks a little cooler in shades. But some offer little more than good looks. They can actually be dangerous, because they trick your eyes into feeling protected. Just because you aren't squinting doesn't mean you are staying safe.

Read the fine print. Look for a tag or label promising 99-100% UV protection (not just UVA protection).

Comfort counts. A good fit protects and encourages you to wear them more.

Different lenses for different activities.

Polarized.

They're perfect for driving and boating because they increase visibility by reducing the glare from reflective surfaces like glass and water.

Tinted.

Brown lenses offer better color contrast on blinding surfaces like ski slopes.

Yellow lenses.

These offer contrast and depth perception for golf players and cyclists.

Grey lenses.

You get the truest color correctness and vision, perfect for social occasions.

Visit us today. Rite Aid has an extensive selection of protective eyewear, and the pharmacists who can determine the right choices for your lifestyle and budget.

Healthy Hint:

Almost all skin cancers can be prevented and cured when detected and treated early.



Know the signs of skin cancer.

First and foremost, look for changes in your skin. Pain is never a reliable guide. A harmless paper cut may hurt more than a pre-cancerous lesion.

Growths. Look for pearly, clear, tan, red, black or multicolored lesions.

Marks. Check birthmarks, beauty marks, moles or brown spots after age 21. Look for changes in color, size, thickness or texture. Irregular outlines are another warning. And any mark that is pencil eraser size or larger is a potential danger.

Sores. Any that continue to itch, hurt, crust, scab, erode or bleed. Plus open sores that do not heal within three weeks.

Get interactive about skin care.

Map your skin changes, learn your skin type, take informative quizzes and help protect your family's health with our interactive resources. www.riteaid.com/health/skin/

Diabetes and your skin

Keeping your blood glucose levels under control is the best step you can take to keep your skin healthy. In addition to nerve and blood vessel damage, excessive glucose can cause dehydration. That can lead to dry skin, a breeding ground for infection.

Fortunately, fighting dehydration is one of the simpler challenges people with diabetes face. Stay hydrated inside with healthy beverages. On the outside, alcohol-free skin care products are your best bet.

Paying attention to the weather can also help keep your skin supple. Cold weather tends to dry skin, while sunny days, hot or cold, may raise the risk of sunburns, blisters and infections. Use a sunscreen with a rating of at least SPF15 when the glare is intense.



Radiate health all year long.

Too much sun can break down your skin cells, causing wrinkling, leathering and brown spots. More serious than these damaging and unappealing effects is the risk of pre-cancerous lesions forming. Here are some simple tips to help you look and feel better.

- 1. Pour on the sunscreen.** One of the keys to radiant skin is never skimping on sunscreen. Even in winter, when the cold weather can lull you into complacency. Reapply it every two hours if you are in the sun, and more frequently if you are sweating heavily. If your moisturizer has SPF protection, you don't need to layer sunscreen on top.
- 2. Exfoliate.** Your body is continually generating fresh skin cells. But sometimes dead skin cells can build up on the surface and make skin blotchy. Lotions and self-tanning sprays can compound the problem. Use a loofah, scrub, alpha hydroxy acid cleanser or home microdermabrasion unit to exfoliate. If you use self-tanning lotions or sprays, exfoliate to avoid build up that can make your skin look splotchy.
- 3. Lighten brown spots.** Unlike laundry bleach that removes color completely, skin lighteners just brighten your skin on the surface. Look for products at Rite Aid that combine kojic acid, hydroquinone, Retin A and a mild steroid cream. Ask your pharmacist about any photosensitivity reactions. See the next page for details.
- 4. Hydrate.** Sun, chlorine, salt water and dry winter air can drain the moisture from your skin. Hand, body and foot creams can all help. Moisturizers with AHAs, or facial serums with hyaluronic acid, can instantly make skin appear less dry, wrinkled and parched. Also be sure to hydrate inside. And nothing is better than calorie-free water.
- 5. See your dermatologist.** Laser treatment for blotchiness, discoloration, fine lines, wrinkles and scaly patches can improve both your skin health and appearance.

Applying Sunscreens and Cosmetics Together.

Topical medications, moisturizers and cosmetics can all benefit your physical and emotional wellbeing. But in what order should you apply them? Consider the mystery solved!



1. Medications
2. Moisturizers
3. Sunscreen
4. Foundation
5. Powder
6. Blush

Mineral Cosmetics. Using mineral makeup is an easy way to incorporate sun protection into your daily routine. It consists of naturally occurring inorganic components such as titanium oxide and zinc oxide. These substances act as a sunscreen by deflecting the sun's ultra-violet rays, instead of absorbing them, in the manner of chemical sunscreens. Mineral cosmetics with an SPF15 rating provide protection for brief exposure to the sun. And they can enhance your protection when layered over a sunscreen product. See the list above for cosmetic and sunscreen application tips.

Are you photosensitive? Some medications and substances in cosmetics can contribute to skin damage when combined with exposure to sun. This condition is known as *photosensitivity*. Antihistamines, antibiotics and antidepressants are just a few of the medications that can cause this condition. Fragrances, serums, retinol skin treatments and even Vitamin A can also contribute. Use retinol and Vitamin A products at night to minimize risks. Ask your pharmacist if your medications cause photosensitivity. And be especially careful about sun protection.

Vitamin D. Studies have shown that Americans are not getting enough Vitamin D to maintain good health. And the sun is a source of Vitamin D. Unfortunately, it's also a source of skin cancer. Fortified milk, orange juice and supplements are safer, easier and faster ways to get the Vitamin D you need. They're all available at Rite Aid.



Healthy Hint:

Play it safe. Stay away from tanning salons and tanning beds. Ask a Rite Aid pharmacist about safe self-tanning solutions.

The Skin Cancer Foundation's



**Road
to Healthy
Skin Tour**

Presented by **Aveeno** and **RITE AID**

The Skin Cancer Foundation's Road to Healthy Skin Tour Presented by Aveeno® and Rite Aid

Your skin protects you. Why not return the favor?

Rite Aid is proud to sponsor The Skin Cancer Foundation's Road to Healthy Skin Tour. It's just one more way we go the extra mile for our patients and our communities. If you care about your health, you don't want to miss this event.

- Get a free full-body skin cancer screening by a local board-certified dermatologist.
- Take home helpful information on skin treatments, and products.
- Learn how to protect your skin from the sun all year.

For the event date and address of the participating Rite Aid nearest you, visit **riteaid.com/skintour** now.



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