


# News from Northside Family Medicine!



## "Ask a doctor" through our Facebook Page!

We have now entered the social arena of the internet and are proud to offer you another resource from our office. Any time you have a general medical question feel free to contact us through this Facebook page (the discussion tab) and become a fan or "like" us to follow other questions people have and the answers we provide. This will allow others to benefit from your question as well. Before

### CONNECT WITH US:

 BECOME A FAN OF NORTHSIDE FAMILY MEDICINE!

CHECK US OUT AT  
[WWW.NORTHSIDEFAMMED.COM](http://WWW.NORTHSIDEFAMMED.COM)

### SHARE THIS EMAIL:



using the "Ask a doctor" on our Facebook page it is important that by using it you agree to the terms posted on our Facebook page. We are excited to offer this additional new and free resource! Just click on the link in the connect with us section of this newsletter or do a search for Northside Family Medicine on Facebook.

### **Summer is around the corner- what are you doing to protect your skin?**

Summer is a time to enjoy the outdoors, but here are some tips on how to protect yourself from the sun while doing it!

Did you know? (According to the skin cancer foundation)

- Skin cancer is the most common form of cancer in the United States. More than 3.5 million cases in two million people are diagnosed annually.
- Each year there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon.
- One in five Americans will develop skin cancer in the course of a lifetime.

How to check for skin cancer- (According to the skin cancer foundation)

- Regular skin exams by your family member/friend, and doctor are important ways to find any suspicious lesions. Suspicious lesions include- new lesion after age 21, a skin growth that increases in size and appears pearly,

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sure you are familiar and agree with our

online consent form at

[www.northsidefammed.com!](http://www.northsidefammed.com!)

### **Same day appointments are a hit at Northside Family Medicine.**

More and more people have been able to take advantage our our same day appointments and avoid higher copays and the unfamiliar surroundings of an urgent care. If you call by 3PM on any regular business day for Northside Family Medicine, we will get you in on the same day. Just call us or schedule it online at [www.northsidefammed.com](http://www.northsidefammed.com) and see for yourself!

### **More newsletters are on the way!**

We will make an effort to send out monthly newsletters from now on! We will keep all of the old newsletters just follow the links at [www.northsidefammed.com](http://www.northsidefammed.com) where you can go to schedule your appointments at our office online as well. If for any reason you want to be removed from our newsletter list just click on the link to unsubscribe below. We'd love to hear from you if

translucent, tan, brown, black, or multicolored. A mole, birthmark, beauty mark, or any brown spot that follows the ABCDE's- A-assymetry of the lesion, B-irregular Border of lesion, C- change in Color or multicolor, D- Diameter of the mole is 6mm or ¼ inch, E- Elevated or raised lesion. A spot or sore that continues to itch, hurt, crust, scab, erode, or bleed. An open sore that does not heal within three weeks. If you notice any of these signs come in as soon as possible so we can evaluate them.

What can you do to prevent skin cancer? (information from the American Cancer Society)

- The sun is strongest between 10am and 4pm, when possible you should avoid prolonged outdoor activities during this time period.
- You can protect yourself from sun damage by avoiding direct sun exposure, wearing protective clothing and applying some form of topical sun protection (sunscreen or physical blocker/Zinc oxide) daily, even if there are clouds in the sky.
- Aside from applying sunscreen daily you should consider wearing a wide-brimmed hat (ball caps don't protect your ears or the back of your neck), and sunglasses that block both UVA and UVB rays.
- Lightweight long sleeved shirts and pants offer sun protection. UPF Clothing is also available and is another option for sun protection.

All about sunscreen and physical blockers for the skin- (information from the AAFP)

you have any questions or ideas for things to add to the newsletter or new topics for future newsletters!

## Coming soon- Kid's corner!

We will start to collect some of our young patients artwork to post on the website and show off the early works of our next Van Gogh! Check them out soon on the website.

## Preparation for the Summer Sun (Continued)

Helpful information for your Infants (From the American Academy of Pediatrics)

- Babies under 6 months of age should avoid prolonged sun exposure and wear lightweight long pants, long sleeved shirts and wide-brimmed hats that shade the neck. If this is not possible then apply a minimal amount of SPF 15+ sunscreen (that should indicate it is safe for infants) to small areas (face, backs of hands) and minimize sun exposure.
- Babies older than 6 months of age and toddlers/children should apply sunscreen as described in the information above.

- There are 2 types of sun protection that can be applied directly to the skin, they are the chemical blockers found in sunscreen and physical blockers which includes Zinc Oxide and Titanium Dioxide.
- The chemical blockers that are present in sunscreen act by absorbing high intensity UV rays.
- Physical blockers including Zinc Oxide and Titanium Dioxide offer protection from the sun by reflecting or scattering the UV rays.
- Sunscreen that is rated SPF 15 filters out greater than 93% of the UV-B radiation
- Sunscreen that is rated SPF 30 filters out greater than 97% of the UV-B radiation
- When choosing sunscreen, you should choose one that is rated SPF 15 or higher but it is controversial if using a sunscreen with a SPF greater than 30 offers any protection that is significantly greater than a sunscreen with a SPF of 30.
- Recent questions have been made regarding the safety of sunscreen- while no clear data has caused the FDA or any major Medical Groups to recommend against use of sunscreens in favor of physical blockers, it may be prudent to consider use of physical blockers instead.

**The greatest compliment you could ever give us is the referral of your family and friends. We thank you for your trust. Have a wonderful and safe summer from Northside Family Medicine!**

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from ac- up to 4/15/10 last 18 months



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