

**Mayo Clinic Medical Edge**

**Treating Sunburn**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WE'VE PROBABLY ALL FELT IT... THE PAIN, HEAT AND DISCOMFORT OF A LITTLE TOO MUCH TIME SPENT CATCHING SOME RAYS. A SUNBURN.
<b>Marian McEvoy, M.D.</b> <b>Track 1 (:45)</b>	"PROBABLY THE BEST SORT OF FIRST AID WOULD BE USING A TOPICAL STEROID LIKE ONE PERCENT HYDROCORTISONE AND A NON-STERIODAL ANTI- INFLAMMATORY SUCH AS ASPIRIN OR IBUPROFEN."
	MAYO CLINIC DR. MARIAN MCEVOY SAYS DOING THIS RIGHT AFTER GETTING OUT OF THE SUN CAN

	REDUCE THE INTENSITY OF THE SUNBURN. FOR BURNS THAT BLISTER...
<b>Dr. McEvoy</b> <b>Track 1 (1:20)</b>	“YOU’VE GOT A LOT OF DAMAGE TO THAT SURFACE LAYER OF THE SKIN, SO PUTTING ON TOPICAL STEROIDS OR USING NON-STEROIDAL ANTI-INFLAMMATORIES ISN’T GOING TO REVERSE THE CHAIN OF ACTION THAT’S ALREADY BEEN PUT IN PLACE.”
	SUNBURN ON IT’S OWN USUALLY ISN’T CAUSE FOR GREAT ALARM, BUT IF YOU HAVE OTHER SYMPTOMS, DEHYDRATION, DIZZINESS OR JUST FEELING UNWELL, IT’S PROBABLY A GOOD IDEA TO GET CHECKED OUT.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a> . I’M VIVIEN WILLIAMS.
