

Mayo Clinic Medical Edge
Preventing Sunburn

1:00

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Audio

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| Intro with music | GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE. |
| | THERE'S NOTHING WORSE THAN AN ENJOYABLE DAY AT THE BEACH THAT TURNS INTO A PAINFUL NIGHT BECAUSE OF SUNBURN. YOU SLATHERED ON SOME SUNSCREEN BEFORE YOU LEFT, BUT... |
| Marian McEvoy, M.D. Track 1 (2:10) | "WHEN THEY DO THOSE TESTS IN THE LAB THEY APPLY A LOT MORE SUNSCREEN THAN YOU OR I PUT ON WHEN WE'RE GOING OUT." |
| | AND THAT CAN GREATLY REDUCE YOUR PROTECTION SAYS MAYO CLINIC DERMATOLOGIST, DR. MARIAN MCEVOY. IT'S ALSO |

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| | <p>IMPORTANT TO KNOW YOUR RISKS, LIKE THINKING YOU'RE SAFE ON A CLOUDY DAY.</p> |
| <p>Dr. McEvoy Track 1 (11:35)</p> | <p>"YOU'RE NOT. YOU'RE AT JUST AS GREAT A RISK OF GETTING BURNED AS A DAY YOU'VE GOT CLEAR BLUE SKY."</p> |
| | <p>AND IF YOU'RE AT THE BEACH OR POOL, YOU'RE AT ADDITIONAL RISK. WHY? THE WATER AND THE CONCRETE AROUND A POOL CAN REFLECT THE ULTRA-VIOLET RAYS THAT CAN LEAD TO A BURN. SO WHAT CAN YOU DO? USE A SUNSCREEN—AT LEAST SPF-15— EVERY DAY AND REAPPLY OFTEN. AND FINALLY, COVER UP.</p> |
| | <p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p> |