

Mayo Clinic's Medical Edge

Sun Screens

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
Nats of golf	ON THE GOLF COURSE YOU NEED ALL THE TOOLS... A DRIVER, A WEDGE, YOUR PUTTER, YOUR SUNSCREEN. THAT'S RIGHT - SUNSCREEN. WHETHER IT'S ON THE COURSE, AT THE BEACH OR IN YOUR OWN BACKYARD, SUNSCREEN SHOULD BE THERE.
Suzanne Connolly, M.D. Track 3 (1:10)	"DAILY SUNSCREEN USE IS REALLY WHAT YOU SHOULD BE STRIVING FOR."
	MAYO CLINIC DERMATOLOGIST DR. SUZANNE CONNOLLY SAYS SUNSCREEN SHOULD HAVE A SUN PROTECTION FACTOR, OR S-P-F,

	<p>OF AT LEAST 15. FIND A PRODUCT THAT PROTECTS AGAINST BOTH U-V-A AND U-V-B RAYS. BUT DON'T MAKE A COMMON MISTAKE.</p>
<p>Dr. Connolly Track 3 (3:00)</p>	<p>“MOST OF US DON'T APPLY ENOUGH. IT'S SOMETIMES A GOOD IDEA TO PUT ON TWO COATS. WE'RE LESS APT TO HAVE A HOLE THAT WE'VE MISSED AND MORE APT TO PUT AN ADEQUATE AMOUNT ON.”</p>
	<p>AND REAPPLY EVERY COUPLE OF HOURS. BUT REMEMBER, NO SUNSCREEN IS EVER 100-PERCENT PROTECTIVE. SO KEEP TRACK OF HOW LONG YOU'RE OUT IN THE SUN, WEAR A HAT AND COVER UP.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>
