

# ANDROMAT TODAY

Volume 4, Issue 2

June 2016

## Harmful UV?



"Have you any sunscreen?"

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Greetings,

Instead of the usual Andromat related theme, I thought I would provide a public service announcement to our readers.

**"Hey gang, we headed to the beach, woo-hoo!":**

It's that time of the year. Folks begin their yearly family vacations, many to the coast to enjoy sun and surf. They have packed everything but the kitchen sink. Did we remember the one most important thing, sunscreen?

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### Summer Shutdown?

Don't forget to order your genuine Andromat OEMparts now. You don't want to miss the "banana boat". As King so and so was quoted as saying, "my kingdom but for the want of an AA bearing".

*Andromat Today* is a quarterly trade publication for discussing Andromat issues important to the end user. Each issue will contain useful tidbits of information as well as any news updates from the company. Look for your issue of *Andromat Today* in your inbox.

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Do you have a topic for *Andromat Today*? Send us what you would like to see and your name could appear in an upcoming issue. Send your requests to [service@andromat.com](mailto:service@andromat.com)

## Sunscreen FAQ:

According to the American Academy of Dermatology:

### Who needs sunscreen?

Everyone. Sunscreen use can help prevent skin cancer by protecting you from the sun's harmful ultraviolet rays. Anyone can get skin cancer, regardless of age, gender or race. In fact, it is estimated that one in five Americans will develop skin cancer in their lifetime.

### When should I use sunscreen?

Every day if you will be outside. The sun emits harmful UV rays year-round. Even on cloudy days, up to 80 percent of the sun's harmful UV rays can penetrate your skin.

Snow, sand, and water increase the need for sunscreen because they reflect the sun's rays.

### How much sunscreen should I use, and how often should I apply it?

- Use enough sunscreen to generously coat all skin that will not be covered by clothing. Ask yourself, "Will my face, ears, arms or hands be covered by clothing?" If not, apply sunscreen. Most people only apply 25-50 percent of the recommended amount of sunscreen.<sup>8</sup>
- Follow the guideline of "**1 ounce, enough to fill a shot glass,**" which dermatologists consider the amount needed to cover the exposed areas of the body. Adjust the amount of sunscreen applied depending on your body size.
- Apply sunscreen to dry skin 15 minutes **BEFORE** going outdoors.
- Skin cancer also can form on the lips. To protect your lips, apply a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher.
- Reapply sunscreen approximately every two hours, or after swimming or sweating, according to the directions on the bottle.

### What type of sunscreen should I use?

The best type of sunscreen is the one you will use again and again. Just make sure it offers broad-spectrum (UVA and UVB) protection, has an SPF of 30 or higher and is water resistant.

The kind of sunscreen you use is a matter of personal choice, and may vary depending on the area of the body to be protected. Available sunscreen options include lotions, creams, gels, ointments, wax sticks and sprays.

- Creams are best for dry skin and the face.
- Gels are good for hairy areas, such as the scalp or male chest.

- Sticks are good to use around the eyes.
- Sprays are sometimes preferred by parents since they are easy to apply to children. Make sure to use enough of these products to thoroughly cover all exposed skin. Do not inhale these products or apply near heat, open flame or while smoking. It is important to note that current FDA regulations on testing and standardization do not pertain to spray sunscreens. The agency continues to evaluate these products to ensure safety and effectiveness.
- There also are sunscreens made for specific purposes, such as for sensitive skin and babies.

And finally:

Sunscreen alone cannot fully protect you. In addition to wearing sunscreen, dermatologists recommend taking the following steps to protect your skin and find skin cancer early:

- **Seek shade** when appropriate, remembering that the sun's rays are strongest between 10 a.m. and 2 p.m. If your shadow is shorter than you are, seek shade.<sup>4</sup>
- **Wear protective clothing**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **Use extra caution near water, snow and sand** as they reflect the damaging rays of the sun, which can increase your chance of sunburn.
- **Get vitamin D safely** through a healthy diet that may include vitamin supplements. Don't seek the sun.<sup>5</sup>
- **Avoid tanning beds.** Ultraviolet light from the sun and tanning beds can cause skin cancer and wrinkling. If you want to look tan, you may wish to use a self-tanning product, but continue to use sunscreen with it.<sup>6</sup>
- **Check your birthday suit on your birthday.** If you notice anything changing, itching or bleeding on your skin, see a board-certified dermatologist. Skin cancer is very treatable when caught early.

### Conclusion:

Remember to protect yourself and your family when out in the sun. We work hard all year anticipating our little getaways. Let's make sure we're doing all we can to have many more in the future.

From all of us here at Andromat, have a fun, safe, and happy summer!!!

For more information, please visit:

<https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs>