

### Sun & Skin Protection At Your PMR Clinic

#### 01

##### Check Your Skin Regularly

Take a few minutes each month to look for new or changing moles, spots, or skin lesions. If you notice anything unusual. ***Schedule your PMR appointment to discuss any skin concerns or changes.***



There are many immediate and long-term health risks for you skin when it is over exposed to sunlight. They include:

- **Sunburn** – skin becomes red, inflamed, and painful; in severe cases blisters form
- **Phytophotodermatitis**– chemical reaction when juice (like lime/lemon juice) on the skin reacts with sunlight and causes blisters and dark brown scars
- **Photoaging and sunspots** – premature fine lines, wrinkles, leathery texture, etc.
- **Actinic Keratosis**– Rough, scaly, or sandpaper-like patches that are often pre-cancerous
- **Skin Cancer**– Cumulative damage from the sun raises the risk of basal cell carcinoma, squamous cell carcinoma, and more

#### 02

##### Wear Protective Clothing

Lightweight, long-sleeved clothing, a wide-brimmed hat, and UV-blocking sunglasses can provide an extra layer of protection from harmful UV rays. These simple steps can help reduce sun exposure and lower the risk of sun damage.

Protecting your skin from sun exposure is an important part of maintaining your overall health. Daily sun safety habits, including using sunscreen, wearing protective clothing, and staying hydrated, can help support healthy skin.

Primary care providers have special tools to evaluate skin conditions and determine how they should be treated– some require a specialist (like a dermatologist).

#### 03

##### Apply Sunscreen Daily

Protect your skin by using a broad-spectrum sunscreen with SPF 30 or higher every day, even on cloudy days. Reapply every two hours when outdoors and after swimming or sweating to maintain protection.

**Did You Know?** Your PMR provider will typically discuss your skin health during your annual physical– this is another baseline health metric!

# CONGRATULATIONS RAFFLE WINNERS

Recent lucky winners who are taking care of their health! Thank you to everyone who entered and participated in our PMR raffle. As a reminder, there are more chances to win this year!



Rut Rutledge



Brett Fletcher



Taylor Roach



Kyla Jensen

## SEPTEMBER CLINIC DATES WITH MEGAN NETTING

Nurse Practitioner, Megan Netting, will be in clinic on 9/23 AM, 9/24 AM, 10/1 PM, 10/2 & 10/5 all day, and 10/14 AM.

Call today to schedule your appointment!



**All patients** who get an annual wellness physical in 2026 have the chance to **win up to \$150!**

See our website for more details, + call to schedule your appointment today!

## New patients

are automatically entered into a **MONTHLY** drawing for a **\$25 Amazon gift card!**  
*Send your family today!*

## WALK IN VS SAME-DAY APPOINTMENTS

Urgent care centers and hospital ER's provide 'walk in' visits, where you end up sitting in the waiting room for hours hoping to be slipped onto the schedule.

PMR knows that the last thing a sick person wants to do is sit in a waiting room– that's why **we offer same day appointments instead of walk ins!** Please call to find out what time you should come to the clinic– in the meantime, we hope you can stay comfortable in bed.

