

*Medical Edge Radio from Mayo Clinic*

*Sunscreen*

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
<b>Nats of boating and golf</b>	ON THE WATER... AT THE GOLF COURSE OR JUST IN THE BACKYARD, A NICE SUNNY DAY MAKES ALL KINDS OF ACTIVITIES MORE ENJOYABLE. BUT THAT SUN CAN DO A LOT OF DAMAGE, INCLUDING INCREASING YOUR RISK OF SKIN CANCER.
<b>Randall Roenigk, M.D.</b> <b>Track 1 (4:41)</b>	"I USUALLY DON'T TELL MY PATIENTS TO CHANGES THEIR LIFESTYLE. IF THEY'RE A FISHERMAN GO AHEAD AND FISH. IF YOU'RE A GARDENER GO AHEAD AND GARDEN. BUT YOU SHOULD DO THE THINGS YOU CAN DO

	AVOID DIRECT SUN EXPOSURE.”
	MAYO CLINIC DERMATOLOGIST RANDALL ROENIGK SAYS TO TIME YOUR ACTIVITIES TO AVOID THE MOST DIRECT SUN, WEAR A HAT AND USE SUNSCREEN.
<b>Dr. Roenigk</b> <b>Track 1 (6:45)</b>	“IT IS NOT NECESSARILY HELPFUL TO HAVE THE HIGHEST S-P-F NUMBER. IN THE U-S YOU DON'T NEED A SUNSCREEN THAT'S ANY HIGHER THAN A 15 TO HAVE AN EFFECTIVE SUNBLOCK.”
	AND MAKE SURE YOU LOOK FOR A BROAD SPECTRUM SUNSCREEN THAT ALSO PROTECTS AGAINST U- V-A LIGHT
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.

