

A vibrant illustration of a summer beach scene. In the foreground, a yellow beach is scattered with various items: a red and white striped beach umbrella on the left, a blue and white striped beach towel with a pink and white camera on it, a pair of purple flip-flops, a yellow beach ball, a pair of black flip-flops, a yellow tennis racket, a pair of pink sunglasses, a white J-shaped object, and a red and white beach ball. In the background, a blue ocean with white waves and orange stars is visible. The text "ENJOY SUMMER SAFELY" is written in large, white, sans-serif capital letters across the center of the beach.

# ENJOY SUMMER SAFELY

## HAVE YOU HAD YOUR ANNUAL SKIN CHECK?

We will be offering a **FREE** Skin Cancer Screening on **Saturday, May 16, 2015** at our Katy office from 8 a.m. to 12 p.m. Please call our office today at 713.850.0240 and schedule your free screening.

Anyone can get skin cancer, regardless of skin color. It is estimated that one in five Americans will be diagnosed with skin cancer in their lifetime. Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer.

- **GENEROUSLY APPLY A BROAD-SPECTRUM**, water-resistant sunscreen with a Sun Protection Factor (SPF) of 30 or more to all exposed skin. Re-apply approximately every two hours, even on cloudy days, and after swimming or sweating.
- **WEAR PROTECTIVE CLOTHING**, such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- **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.



**SUZANNE BRUCE AND ASSOCIATES**  
COSMETIC AND MEDICAL DERMATOLOGY  
23510 KINGSLAND BLVD., SUITE #300, KATY, TEXAS 77494