

**NEWS RELEASE**  
June 25, 2020

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### **Electra Hospital District on UV Safety Month**

ELECTRA, TX — July is National UV Safety Month, making it the perfect time for the Electra Hospital District to help raise awareness of the risks of sun damage and spread the message of sun safety.

Ultraviolet (UV) rays can be very damaging to our skin and overall health. Valerie Pinson, nurse practitioner with Park Clinic, a division of EHD in Iowa Park, Texas, says that the sun emits many different types of light wavelengths, many of which can be very damaging to the skin.

“UV rays have been shown to cause skin cancers, wrinkles, thinning skin, and easy bruising,” Pinson said. “Prevention is important year-round, not just in the summer.”

She offered some tips for protecting your skin from harsh, ultraviolet (UV) rays:

1. Wear sunscreen daily on highly exposed areas such as the face, neck, ears, hands, and forearms, aiming for SPF-30 or higher with UVA and UVB spectrum protection.
2. Cover up! Wear long sleeves, wide brimmed hats, and long pants, if possible. Also wearing sunglasses will help avoid eye damage.
3. Stay indoors or in the shade between 10 a.m. and 4 p.m. when the sun’s rays are the strongest.
4. Follow these precautions in hot, cold, or cloudy weather. UV rays can still wreak havoc through a cloudy sky.

In addition to following the tips above, Pinson said to watch for dark spots, especially those that seem to be new or changing. Skin areas that are not healing, may be itching, or bleeding easily may also areas of concern and could warrant a trip to see your doctor.

Remember, skin cancer is the most common of all cancers and the most preventable, Pinson said. EHD encourages everyone to protect themselves by following the steps above, scheduling regular visits with a primary care provider, and educating themselves on the threat of UV rays to their skin.

If you have questions or would like to schedule an appointment with an EHD physician today, please visit [electrahospital.com](http://electrahospital.com) for contact information. We have clinics in both Electra and Iowa Park that would be happy to care for the needs of you and your family.

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