

University of Nevada School of Medicine

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Americans love the sunshine, but Dr. Roderick Sage of the University of Nevada School of Medicine tells HEALTHLINE that people of all ages must be wary of the effects of the sun:

"The sun season is upon us again, and I want to stress the importance of sun protection for people of all ages. First of all, mothers should protect their children, not only with education about sun damage but also with clothing and good sun screen lotions and creams. Secondly, teenagers should be aware that they're in intense sun and sun damage is a problem. They should wear sun protective clothing and sun protective lotions and creams and also be aware of their friends, who may be sun damaged. Third, older folks who have had a lot of sun are still vulnerable to sun damage. They should wear protective clothing and sun screens and hats. Finally, some medications may be sun sensitizers. Check with your physician."

This is HEALTHLINE from Nevada's School of Medicine.