



Karen's Corner

PROTECT YOUR SKIN

This Summer



THIS MONTH'S FOCUS

I love spending time outside just as much as my patients do. Whether you're gardening, heading to the beach, cheering from the ball field, or enjoying a weekend barbecue, protecting your skin is one of the simplest things you can do for your long-term health.

The goal isn't to avoid the sunshine—it's to enjoy it safely.

FOUR SIMPLE WAYS TO PROTECT YOUR SKIN

1



USE SUNSCREEN EVERY DAY

- Choose SPF 30 or higher.
- Apply it 15–30 minutes before going outside.
- Reapply every 2 hours—and after swimming or sweating.

2



COVER UP WHEN YOU CAN

A wide-brimmed hat, sunglasses, and lightweight long sleeves can protect areas sunscreen often misses.

3



FIND SOME SHADE

- The sun is strongest between 10 AM and 4 PM.
- If possible, take breaks in the shade during those hours.

4



KNOW YOUR SKIN

Watch for new or changing moles, spots that won't heal, or anything that just doesn't look right. When in doubt, have it checked.

CONTACT KAREN



407-867-1758



karencorner@
carter-familypractice.com



CarterFamilyPractice.com
CFPCareHub.com



Karen's Take

I don't expect anyone to stay indoors all summer. I just want you to enjoy it without paying for it later.

Healthy skin isn't about perfection—it's about building small habits that protect you year after year.

QUESTIONS FOR KAREN

- ☐ Which sunscreen do you recommend?
- ☐ How often should I reapply it?
- ☐ Is this mole something I should have checked?
- ☐ What if I burn easily?
- ☐ My question:

LOOKING FOR MORE FREE HEALTH RESOURCES?

Visit [CFPCareHub.com](https://www.cfpcarehub.com) for field notes, checklists, guides, and practical tips to help you and your family stay healthy all year long.

