

# GO BEYOND SPF:

## Expert Strategies For Your Skin

1.

### OPTIMIZE YOUR SUNSCREEN & ANTIOXIDANT PROTECTION

- Choose a tinted mineral sunscreen with zinc oxide or titanium dioxide to shield against visible light and HEV (blue light).
- Take Sunisdin® Daily Antioxidant Supplement, a blend of Polypodium leucotomos and antioxidants to help reduce sun damage at a cellular level.

An alternative supplement is niacinamide (500mg twice daily) to help prevent sun damage and skin cancer.

- Use medical Vitamin C serums like Obagi C-Clarifying Serum or Alastin C-Radical Defense Serum in the morning to boost sunscreen effectiveness and fight free radicals.

2.

### STRENGTHEN YOUR SKIN'S NATURAL DEFENSES

- Eat antioxidant-rich foods like tomatoes (lycopene), green tea, and dark leafy greens to neutralize free radicals from UV exposure.
- Use tretinoin or exfoliating acids (AHAs/BHAs) at night to help reverse sun damage—never during the day without SPF!

3.

### BE STRATEGIC WITH PROTECTIVE CLOTHING & SMART SHADE HABITS

- Wear dark or bright colored fabrics or UPF 50+ clothing from brands like Coolibar and Solbari for superior sun protection.
- Choose UV-protective sunglasses to shield delicate eye-area skin.
- Seek shade between 10 AM - 4 PM, when UV radiation is strongest.

4.

### PROFESSIONAL TREATMENTS FOR SUN DAMAGE & SKIN CANCER PREVENTION

- Levulan® + BLU-U Photodynamic Therapy (PDT): A powerful treatment for precancerous sun damage (actinic keratoses), using a light-activated solution to target abnormal cells.
- CoolPeel® Laser Resurfacing: A low-downtime CO2 laser that improves sun damage, fine lines, and texture, stimulating new collagen while being gentle on the skin.

5.

### STAY PROACTIVE: ADVANCED SKIN MONITORING & SKIN CHECKS

- Perform monthly self-exams and track changes with the MoleMapper app.
- Get a partner or loved one to check areas you can't see (back, scalp, behind ears).
- See a dermatologist immediately if you have one spot of concern—we offer same-day or next day appointments for urgent concerns.
- Schedule a "Couples Skin Check" to get checked together—it's a great way to stay proactive about skin health!

420 5th Ave. Indialantic, FL 32903  
321.241.1160

# GO BEYOND SPF:

## Expert Strategies For Your Skin

DERMATOLOGY +  
PLASTIC SURGERY  
*For Your Best Self*

ANITA SALUJA, MD | REBECCA NOVO, MD

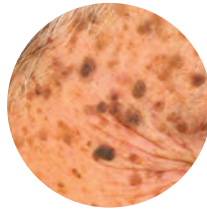
FOREFRONT  
DERMATOLOGY®  
A FOR YOUR BEST SELF PARTNER



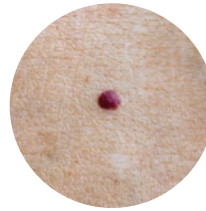
ACNE



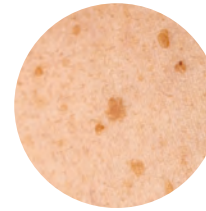
SKIN TAGS



SEBORRHEIC  
KERATOSIS



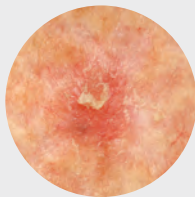
CHERRY  
ANGIOMA



FRECKLE  
(solar lentigines)



MOLE



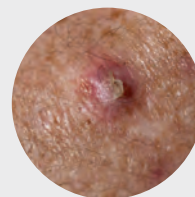
**Actinic keratosis (AK)** is a rough, pink, scaly patch on the skin caused by long-term exposure to the sun or tanning beds. It is considered a precancerous condition because it can sometimes develop into squamous cell carcinoma, a type of skin cancer.

### CANCEROUS SKIN LESIONS, GROWTHS, AND CONDITIONS

(malignant)



BASAL CELL  
CARCINOMA



SQUAMOUS CELL  
CARCINOMA



KERATOACANTHOMA



MELANOMA

### SKIN CANCER RISK FACTORS



Have light-colored eyes, blonde or red hair and fair or freckled skin.



Tan or use tanning beds.



Spend a lot of time working or playing in the sun.



Have a family history of skin cancer.



Have many moles or irregular-shaped moles



Get easily sunburned or have a history of sunburns