

IMPORTANT INFORMATION

3 STEPS TO HELP YOU REDUCE YOUR RISK OF SKIN DAMAGE & SKIN CANCER

DAILY SKIN CARE FOR ALL SKIN TYPES FOR ALL SEASONS

Provided as a service by:

DORMER LABORATORIES INC.
MONTREAL TORONTO

NO ONE IS IMMUNE TO THE DAMAGING EFFECTS OF ULTRA-VIOLET (UV) RAYS

Scientific and medical data continues to highlight a **dramatic increase** (within the total population) of **premature skin aging and wrinkling, freckle and spot conditions, and skin cancer** caused by normal and excessive exposure to atmospheric UV rays.

ULTRA-VIOLET RAYS

Of the solar radiation reaching earth UV rays are the most damaging to humans. There are 3 types of UV rays (UVA, UVB and UVC), each having different wave-lengths. Only UVA and UVB reach the earth's surface.

Significantly greater UVA (than UVB) rays reach each person every day, whether a.m. or p.m., sunny or cloudy, winter or summer, indoors or outdoors. This compared to UVB rays which are more intense, and associated with direct sun exposure and sunburn. Remember (UVA) A for aging; (UVB) B for burning.

SKIN DAMAGE AND TYPES OF SKIN CANCER

The skin damage done by both A and B rays are harmful and should be avoided or minimized. UVA rays penetrate more deeply than the UVB rays, causing damage to the inner dermis where important constituents of sound healthy skin are found (elastin and collagen). UVB rays which affect the epidermis (top skin layer) can cause burning and skin cancer.

If UVA and UVB exposure continues over time skin ages prematurely; wrinkles, freckles and spots develop; and in some cases the skin becomes leathery. Also, the potential exists for the development of carcinomas (basal cell and squamous) or malignant melanoma - skin cancers.

Basal Cell Carcinoma: This is the most common form of skin cancer. Found most often on the face, ears, nose, eyelids, cheeks and trunk. Appears as single small nodules or lumps of flesh-tone to reddish-brown/black. Rarely spreads but can penetrate down to the bone.

Squamous Cell Carcinoma: Is the second most common form of skin cancer and develops after years of sun exposure. Tumors are found on the head (75%), hands (15%), and 10% elsewhere. Tumors initially form a central crust, then ulceration with inflammation, red, and grow readily.

Malignant Melanoma: This is the least common form but most dangerous and spreads quickly. It can occur on any skin area, common on men's trunks and women's legs, and often begins as a mole, darkening, changing color, increasing in size.

3 STEPS TO HELP REDUCE YOUR RISK OF SKIN CANCER & DAMAGE

Most of our exposure to the harmful UV radiation is associated with our normal everyday activities throughout the year (walking, jogging, sports, gardening, etc.). Seasonal sun exposure and direct tanning can result in skin burning and damage. **This UV damage is cumulative over time.** Studies have shown that as much as 50% of a person's lifetime skin damage can occur before the age of 20.

STEP 1. PREVENTION

The preventive actions required are not unlike other daily health practices that each person undertakes (personal hygiene, brushing teeth, sound nutrition, exercise, etc.). Throughout the year take steps to reduce your exposure to UV radiation (less sun-tanning or sun exposure [particularly between 12 noon and 2pm], wear clothing that protects exposed skin areas).

Another important part of prevention is to know your skin type, your predisposition and exposure risks to UV radiation, and to protect yourself.

Type	Skin Characteristics	Routine	Day	Outdoor	Activity
1.	Always burns easily, never tans	SPF30		SPF30	SPF30
2.	Burns easily, tans slightly	SPF30		SPF30	SPF30
3.	Sometimes burns, gradual and moderate tan	SPF15		SPF30	SPF30
4.	Burns minimally, always tans well	SPF15		SPF15	SPF15
5.	Burns rarely, tans deeply	SPF15		SPF15	SPF15
6.	Almost never burns, deeply pigmented	SPF15		SPF15	SPF15

STEP 2. REGULAR SELF EXAMINATIONS

Early detection is the most important defense against any form of skin cancer. **Self-examination is easy, and should be done regularly.** Undress completely, check ALL parts of the body for any lesions; carefully look at freckles, blemishes, birthmarks, and moles. Regularly check for any change in size, shape, color, height, surface, sensation or consistency.

IF YOU NOTICE ANY CHANGE OR HAVE ANY CONCERN, CONSULT YOUR DOCTOR IMMEDIATELY.

STEP 3. A DAILY SKIN-CARE ROUTINE

Use a skin-care product that provides protection at the SPF15 or SPF30 UVA/UVB protection level while also providing maximum moisturizing for the skin.

Based upon your specific skin characteristics (see chart above) a product with an SPF15 or SPF30 should provide adequate protection during the day when the sun's rays are strongest. Apply sunscreens to skin about 30 minutes before going out. Use a product that will moisturize, condition and protect the body's skin. For skin areas normally covered with clothing you can use a cream or lotion without a sunscreen. For skin areas exposed during the day select a product that provides both UVA and UVB broad spectrum UV radiation protection. For skin-care at night, apply a cream without sunscreen (after thoroughly cleansing the skin to remove air pollutants, oils or make-up).

DORMER 211 ADVANCED SKIN-CARE PRODUCTS

All moisturizers are not created equal...
Dormer 211 products are formulated to make a DIFFERENCE!

Dormer 211 Advanced Skin Therapy products are formulated based upon the latest scientific and medical knowledge (with the input of practicing skin specialists). Ingredients are selected to avoid the potential of any skin reaction. Each Dormer 211 product incorporates an exclusive high molecular weight **HYALURONIC ACID COMPLEX** that provides moisture retaining, flexible, uniform "no holes" protective matrices that interact with the skin providing **superior skin softening, smoothening, lubricating and elasticity activity while protecting the skin from environmental pollutants and premature skin damage caused by daily sun exposure.**

Dormer 211 advanced skin care products also

- help replenish and lock-in moisture that restores the skin's natural moisture balance,
- help rejuvenate the skin's restorative functions, and
- help increase the skin cell renewal rate



DORMER® 211
SPF15 and SPF30 CREAM
with Broad Spectrum UVA and UVB protection
FOR ALL SKIN TYPES ■ FOR ALL SEASONS
TO HELP YOU REDUCE YOUR RISK OF
SKIN DAMAGE AND SKIN CANCER

These Daily Protective Skin Moisturizers combine the benefits of the advanced Dormer 211 formulation with sunscreens that provide UVA and UVB sun ray protection as recommended by Dermatologists.

Choose either the **SPF15** or **SPF30** based upon your Doctor's recommendation or your skin characteristics.



OTHER ADVANCED DORMER 211 SKIN MOISTURIZERS

DORMER 211 CREAM and LOTION

Professionally recommended for regular daily application to moisturize, condition and protect all body skin areas. (Do not contain sunscreens.)

DORMER 211 FACE CREAM

For daily use on face, hands, and exposed skin areas. Also excellent for apres sun/ski (post sun rehydration and relief cream). Added to the **exclusive Dormer 211 formulation** have been **Vitamin E (tocopheryl acetate)**, which has been shown in studies to help reduce post sunburn symptoms (less sensitivity and redness, decreased swelling); and **Vitamin B Factor (Dexpantenol)** which is a highly effective humectant (prevents skin water loss and drying) and aids skin healing. The panthenol is converted in the epidermis to Pantothenic Acid which functions as a healing agent to skin cells. (Does not contain sunscreens.)