

Neutrogena®

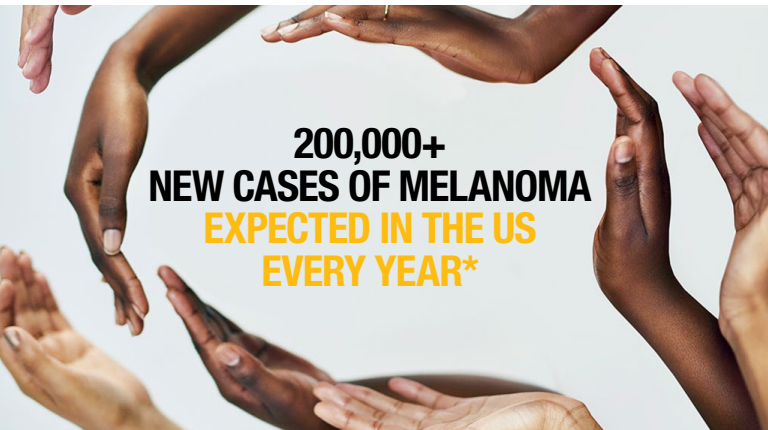
DERMATOLOGIST RECOMMENDED BRAND



YOUR GUIDE TO BEING **SUN SAFE**

Learn about adding self-exams and Neutrogena® sunscreens to your routine to help reduce your risk of skin cancer.

IMPORTANT FACTS ABOUT SKIN CANCER



200,000+
NEW CASES OF MELANOMA
EXPECTED IN THE US
EVERY YEAR*

TWO TYPES OF SKIN CANCER

NON-MELANOMA

More common and develops slowly in the upper layers of skin.

MELANOMA

The more aggressive type, affects cells that give skin its color.

ETHNICITY & SKIN COLOR

Skin cancers can affect anyone, no matter their ethnicity or skin color. Although the risk of skin cancer is lower for people of color, when found, it tends to be at a more advanced stage.

THE GOOD NEWS IS...

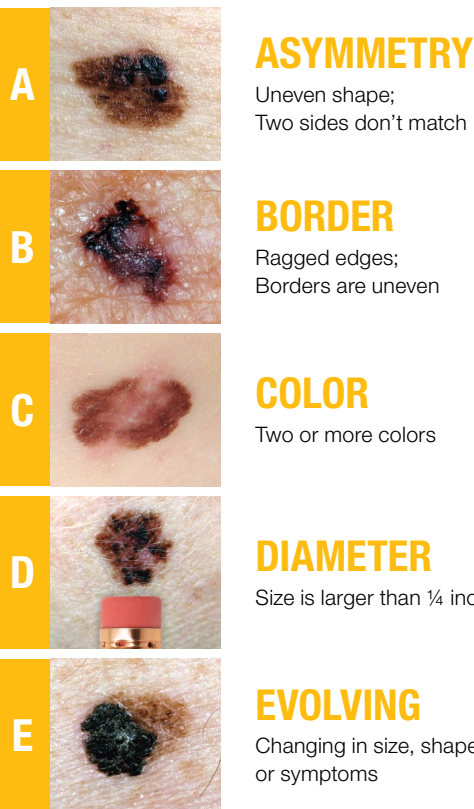
You can take steps to protect yourself—including a monthly self-exam. When skin cancer is detected early, survival rates can be almost 100%.*

*Statistics from Neutrogena® research, 2021.

SKIN CANCER: WHAT TO LOOK FOR

- 1** New or changing moles
- 2** Any growth that bleeds or itches
- 3** A clear, red, brown, or black growth that gets larger
- 4** Open sores, scabs, or pimples that don't go away

ABCDE'S OF MELANOMA



Melanoma images provided by Darrell S. Rigel, MD MS

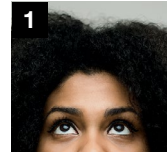
SELF-EXAM

IT'S A FULL BODY CHECK.
SIMPLE AS THAT.



STEPS

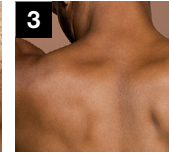
Pick a convenient time for your monthly check. It shouldn't take more than about 10 minutes.



1 Check your scalp.



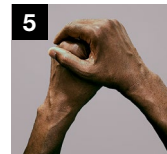
2 Look at your nose, lips, cheeks, and ears with a mirror.



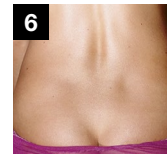
3 Look at your upper back. You'll need two mirrors.



4 Focus on your neck, chest, and torso with two mirrors.



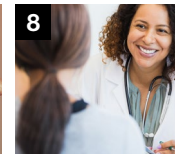
5 Give your hands, fingers, forearms, upper arms, and armpits a good scan.



6 Check your lower back, buttocks, and genital area.



7 Closely look at your legs & feet. Don't forget to look between your toes and the soles of your feet.



8 If something doesn't look right, please talk to your doctor.

PREPARATION



A full-length mirror and hand mirror



A brightly lit room



A smartphone or paper to take notes



A blow dryer or a comb if you need help parting your hair

TIPS



Do your self-exam before or after a shower, or while changing your clothes.



Take pictures of anything that looks unusual and keep a record of your spots.

These self-exams are not meant to diagnose or replace visits with your doctor.

Watch our self-exam video and learn more about skin cancer at [SkinSelfExam.com](https://www.SkinSelfExam.com).



OVEREXPOSURE TO THE SUN IS BAD NEWS



The sun exposes you to two types of UV rays: **UVB and UVA**. Both can play a part in skin cancer formation, premature skin aging, and other forms of skin damage.



Look for broad spectrum sunscreens that offer both **UVB and UVA protection**. For the best protection against sunburn, use SPF 30 or higher.

SUN SAFE CHECKLIST



THE BEST SUNSCREEN is the one you will use every day. Keep it where you'll remember to apply regularly, like near your toothbrush or keys.



APPLY A GENEROUS AMOUNT of your broad spectrum SPF 30 (or higher) sunscreen every day. Reapply every 2 hours or more frequently, especially after exercise.



WEAR a wide-brimmed hat, sunglasses, long sleeves, and pants for additional protection.

MELANOMA RESEARCH



Find a 2024
**Miles for
Melanoma 5K**
near you!

Neutrogena® has donated over \$1,000,000 to the Melanoma Research Foundation (MRF), including its Miles for Melanoma 5K series, to help fight against melanoma. Learn more about the MRF by visiting [melanoma.org](https://www.melanoma.org).



Neutrogena®

DERMATOLOGIST RECOMMENDED BRAND

NEUTROGENA® PORTFOLIO

From chemical to mineral, Neutrogena® provides powerful sun protection suitable for all skin types and tones.



ULTRA SHEER®

Premium aesthetics with dry-touch technology.



BEACH DEFENSE®

Beach strength sun protection for the whole family.



INVISIBLE DAILY DEFENSE

Superior protection enriched with antioxidants to help fight external aggressors.



CLEAR FACE

Breakout-free sun protection.



AGE SHIELD®

Facial sunscreen for age protection.



MINERAL UV TINT

Tinted mineral sunscreen available in 4 shades for a radiant glow.



PURE & FREE®

Mineral sunscreen for baby.



SHEER ZINC

Mineral sun protection mild on sensitive skin.



Use all products as directed.

NEUTROGENA®

MINERAL FACIAL

PRODUCTS



NEUTROGENA® Purescreen+™ Invisible Daily Defense Mineral Face Liquid SPF 30

Contains antioxidant complex vitamin E & feverfew that helps combat pollution, ozone, and sun induced free radicals that can damage skin and lead to signs of premature aging.

Lightweight formula infused with ginger extract to provide radiance.



NEUTROGENA® Purescreen+™ Mineral UV-Tint Face Liquid Sunscreen SPF 30

Protects and smooths the look of skin to reduce visible imperfections.

Available in 4 shades that accommodate every skin tone.

