

BUSSINESS & HEALTH
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A Guide to Healthy Skin

how to take care of your skin at any age

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Key risk factors for skin damage



UV RADIATION

next slide...



**UNHEALTHY
LIFESTYLE**

***smoking**, stress,
bad nutrition*



**BAD SKINCARE
HABITS**

*overwashing,
non-hydrating* ➤

UV radiation and skin damage

long-standing sun exposure causes:

- brown spots, solar lentigos and hyperpigmentation
- skin aging (wrinkles, loss of elasticity)
- visible blood vessels
- skin cancer risk
 - basalioma, spinalioma
 - melanoma



Prevention

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staying in the shadow

UV index above 5-6

11am-3pm

summer/winter, snow

***shadow is not 100%
protection***



clothing, sunglasses

hats, UPF clothes



SPF - sunscreen

chemical filters

physical filters



regular skin check

self- check



dermatologist

Self-check

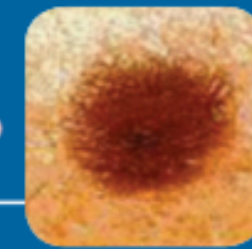
The mole assesment in detecting melanoma

A

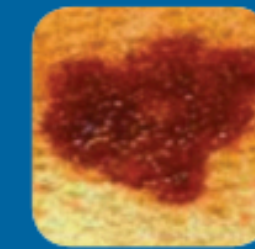
Asymmetry

One half is unlike the other.

GOOD



Symmetrical



Asymmetrical

BAD

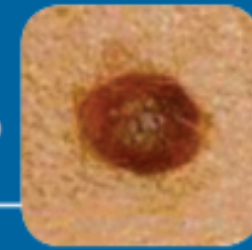
Have a doctor check it out

B

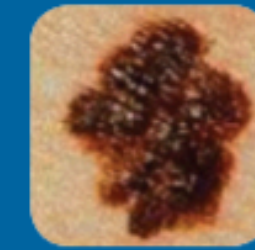
Border

Blurry and/or jagged edges.

GOOD



Even edges



Uneven edges

BAD

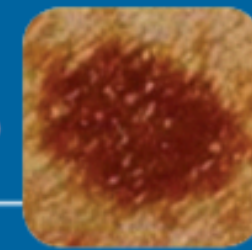
Have a doctor check it out

C

Colour

More than one shade or colour.

GOOD



One shade



Two or more shades

BAD

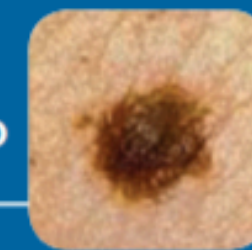
Have a doctor check it out

D

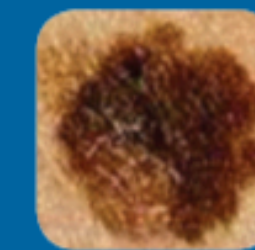
Diameter

Greater than 6 mm.

GOOD



Smaller than 6mm



Larger than 6mm

BAD

Have a doctor check it out

E

Evolution

Watch for changes over time. If your mole changes in size, shape or colour, it might be suspicious.



When should I visit a dermatologist?

Skin cancer screening - dermoscopy
at your dermatologist once a year

Health insurance companies in Czech republic contribute 500Kč

- ▶ any change in size, shape, color or texture of moles or other spots on your skin
- ▶ if they start to itch, bleed or become painful
- ▶ ... and whenever you have any doubts



Skincare – do not overdo it!

1

1. Cleanser

cleans dirt, makeup, oil, dead cells - prevents from bacteria build-up
often contains hydrating ingredients or ceramides

2

2. Moisturizer

hydration and water retention (hyaluronic acid, glycerin)
strengthening the skin barrier (lipids, ceramides)
reduction of irritation

3

3. SPF - sun protecting factor

best anti-aging product on the market



Sun Protecting Factor what does it really mean?

Understanding SPF Numbers:

- SPF 15 - blocks 93% of UVB rays - you can stay in the sun 15 times longer than without protection
- SPF 30 - blocks 97% of UVB rays
- **SPF 50 - blocks 98% of UVB rays**
- **SPF 30 transmits 1,5x more UVB than SPF 50**

- apply 20 minutes before going out
- **reapply every 2-4 hours**, especially after swimming or sweating
- SPF only protects against UVB, not UVA - use **broad-spectrum sunscreen** for full protection



SKINCARE MYTHS

- 1 SPF creams contain toxic and carcinogenic components.
- 2 Sun protection causes low levels of vitamin D.
- 3 Going to solarium helps protect the skin from later sun exposure.
- 4 I need a 10 step skincare routine and expensive products for it to be effective.
- 5 Homemade skincare products are more natural and therefore better. >>



**Thank you for
your attention.**

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