



Cardinal Bernardin Cancer Center
2160 South First Ave. Maywood, IL 60153



The Cardinal Bernardin Cancer Center is located on the Loyola University Medical Center campus.



We also treat the human spirit.[™]

Directions from:

North: I-294S to I-290E. Exit at First Avenue. Go south past Roosevelt Road. Watch for signs on right.

South: I-294N to I-290E. Exit at First Avenue. Go south past Roosevelt Road. Watch for signs on right.

East: I-290W. Exit at First Avenue. Go south past Roosevelt Road. Watch for signs on right.

West: I-88E (East-West Tollway), which becomes I-290E. Exit at First Avenue. Go south past Roosevelt Road. Watch for signs on right.

Parking: For your convenience, valet parking service is available at the building's entrance. Parking fees for valet parking and self-park are both \$3 per day.



Cardinal Bernardin Cancer Center



Year Round Skin Protection

A GUIDE FOR YOU AND YOUR FAMILY



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Type 1

Type 2

Type 3

Type 4

Type 5

Type 6

Identifying your skin type*

Exercising and eating right are just part of a healthy lifestyle. Proper skincare matters, too. To make smart decisions about skin health care, it is important to know your (or your family's) skin type and how to best care for it.

Type 1 – Always burns and never tans. Typically, people with this type of skin have very fair skin, red or blond hair, and may have freckles.

Type 2 – Burns easily and is generally fair in complexion.

Type 3 – Sometimes burns, but usually tans gradually.

Type 4 – Experiences minimum burning and always tans. Usually, people with this type of skin appear white with medium pigmentation.

Type 5 – Seldom burns and always tans. This type of skin exhibits medium to heavy pigmentation.

Type 6 – This skin type never burns, and usually tans darkly. This type includes African Americans as well as others with heavy pigmentation.

Why protecting your skin is so important

Did you know that the most common type of cancer is skin cancer (including melanoma and non-melanoma types)? Most skin cancer is the result of overexposure to the sun. Every time we go outdoors, we expose ourselves to dangerous ultraviolet (UV) rays — the sun's invisible 'burning rays.' We're exposed whether it's sunny or cloudy in both the summer and winter seasons. UV rays also are emitted from tanning beds and sun lamps and can be just as harmful as overexposure to the sun. The sun causes other health problems, such as immune system damage, premature aging, wrinkles, spots, and dry and leathery texture. There is a positive side. Skin cancer is one of the most preventable types of cancer.

Tips for sun protection

We know it is impossible to avoid the sun, but it pays to be smart about your exposure to it. Listed below are some basic tips for sun protection. Dermatologists generally advise avoiding outdoor activities between 10 a.m. and 4 p.m., when the sun is at its strongest. Wear the proper protective clothing. These include a broad brimmed hat (4-inch brim) and long-sleeved, tightly woven clothing in light colors to reflect light. Stylish clothing that provides good sun protection is available in quality sports/camping stores. Certain medications and cosmetics may cause photosensitivity. Consult a dermatologist if you have a reaction after sun exposure. Lastly, always use sunscreen with a skin protection factor (SPF) of 15 or higher.



Why the right sunscreen can help

Sunscreens work by absorbing, reflecting or scattering light as it strikes the skin, thereby protecting the skin from damage. Sunscreens come in ointment, cream, gel, lotion, spray or wax stick, but should have an SPF of 15 or higher. Increase SPF when near the equator or reflective surfaces, such as water, sand, snow and concrete. UV rays are stronger in these locations.

How to apply for best results

Sunscreens should be applied evenly over all uncovered skin, including ears and lips, but avoiding the eyelid area. For best results, apply sunscreen 30 minutes before sun exposure, and remember to reapply after swimming or perspiring.



Alter routines, not lifestyles

Proper sun protection is part of leading a healthy lifestyle. With these safeguards and good planning, most people and families can enjoy their favorite hobbies, such as swimming, golfing and running without compromising their skin or their health.

Visit our web site at www.luhs.org/cancer for additional information. To schedule an appointment, please contact Loyola's Healthcare Access Call Center at (708) 216-8563.

*Sun exposure rates based on industry-accepted test standards for skin valuation.