

# DERM-X-PLOERER

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*We would like to thank our dear  
collaborators without whom the  
implementation of the project would  
not have been possible.*



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It was the first day of summer and Nicholas and his family were packing their bags for a fun day at the beach!



Dad said to Nicholas: “Don’t forget your towel and  
your beach ball!”



The sun was shining and there wasn't a cloud in the sky. Nicholas and his sister were singing along to their favorite songs in the car while heading to the beach.



“Wow! It’s so hot outside! We are going to have such a great day,” Mom said.





Nicholas looked over the family sitting next to him. “What are they putting on? Why aren’t we doing that?”

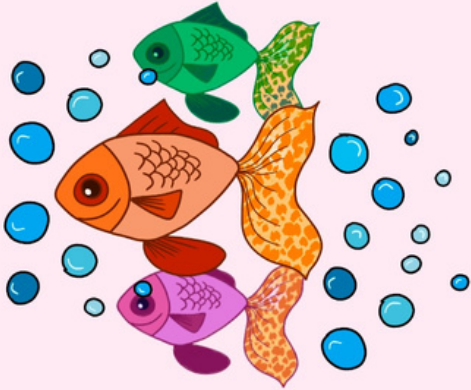
“Oh! They are putting sunscreen on. It is used to protect your skin from the sun. We don’t need to use it, because we are protected with our darker skin,” Dad explained.

Nicholas was surprised by his father's explanation, this was the first time he ever heard that.





Nicholas and his sister had such a fun day at the beach!

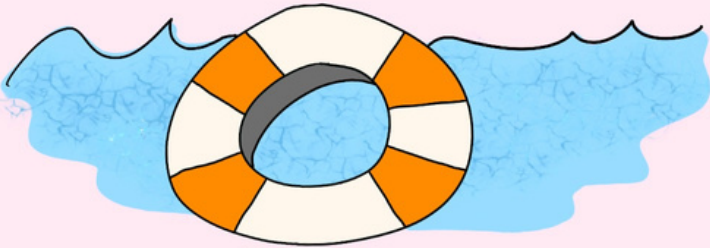


They swam with lots of different coloured fish...

built big sand castles...




and played water games with their parents.





Nicholas was only one point away from winning the game when suddenly, something caught his attention.



“Dad... What is that spot on your head?! It’s brown and bumpy and squiggly. It’s funny looking.”



“Oh! It’s probably nothing serious, I have so many spots on my skin. Don’t worry about it.”

Nicholas and his family were hungry and tired after their day at the beach. After having a picnic, they packed their bags and headed back home.




Mom reminded Dad: “Don’t forget that you have to bring Nicholas to his doctor’s appointment tomorrow.”



“Nicholas, you are a healthy boy and doing great! Keep eating your fruits and vegetables, and getting your exercise in!” the Doctor said.





“Doctor! Look at what I found on my dad’s head yesterday at the beach!” said

Nicholas

“You’re quite the detective, aren’t you?

Let me take a look at it.” the Doctor responded.

“I think we should, let my friend, the skin doctor, take a look.”



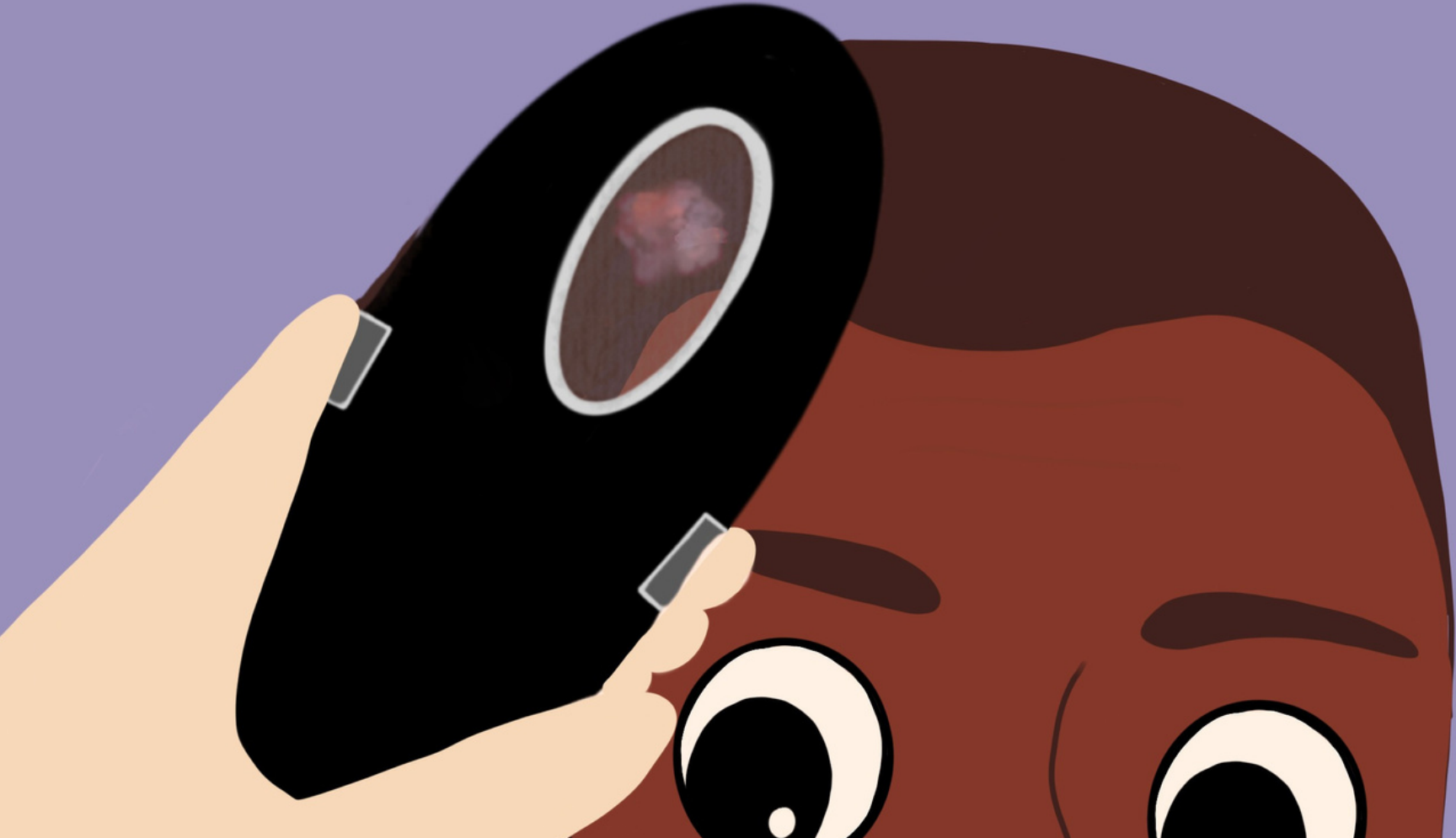
A few days later, Nicholas and his dad visited the skin doctor at the clinic.





“Hi! I’m the doctor who takes care of the skin, hair and nails – a dermatologist. I’m so happy that you came to see me!”

“Here’s a little lesson! When looking at something suspicious on the skin you should take note of 5 main things: 1. one half of the spot not matching the other, 2. squiggly borders, 3. lots of different shades or colours, 4. size bigger than the eraser on top of a pencil and most importantly 5. if it is evolving with time.”



“But doctor, am I going to have  
the same thing?  
How can I avoid it?”



“Don’t forget to check your skin everywhere once every season or every three months! Remember that it is never too early or too late to start protecting your skin. If you see something that worries you, speak to your doctor.



# What to look



## for?

Wear a broad spectrum sunscreen (UVA and UVB coverage) with SPF 50 or higher



Wear sun protective clothing (like UPF 50+ clothing)

Reapply sunscreen every 2 hours or as soon as you come out of the water.



Don't forget your sunglasses and hat with at least a 5cm brim!

Stay in the shade as much as possible from 11am to 3pm.

Once every three months, take a look at your skin all over your body, even between your toes and under your feet.



“Here’s a checklist that you can follow to protect yourself when you are outside! Dad, before you leave, let’s remove your spot!” said the dermatologist.

# CLINIC

“Dad, don’t forget to come back in a week for a check-up, like the dermatologist asked!” said Nicholas.



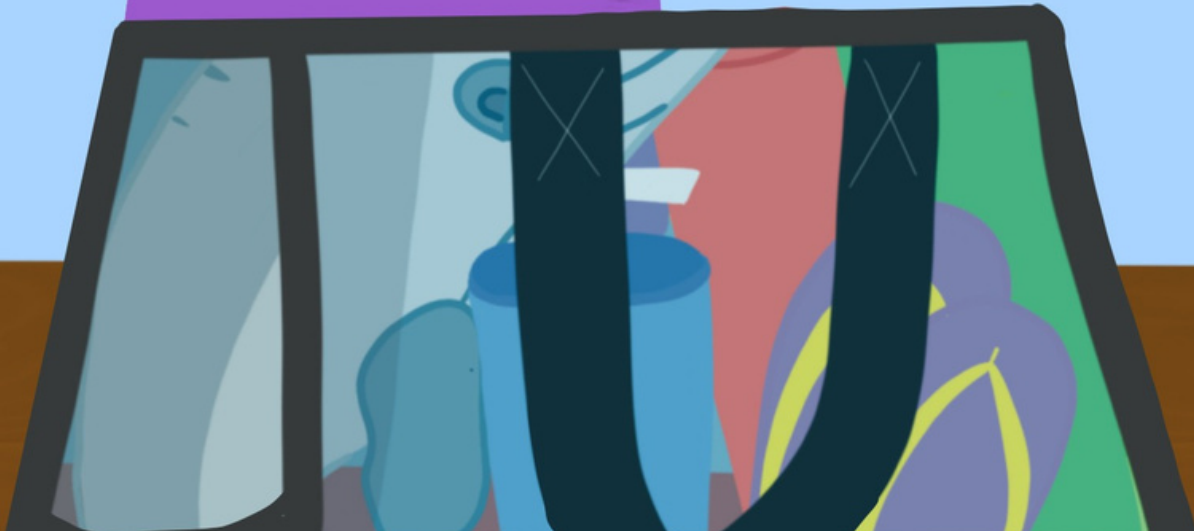
Nicholas was happy to see that his father's lesion was treated and he could not wait to put the dermatologist's advice into action.



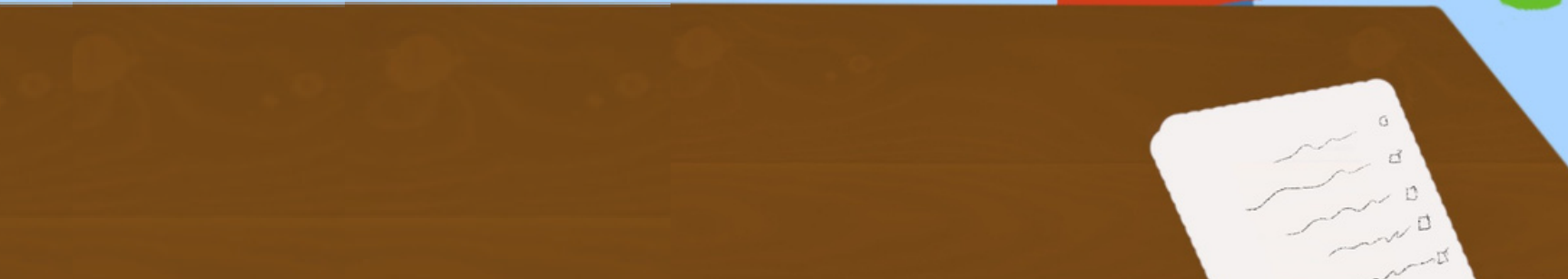




A few weeks later, Nicholas' family was packing for another fun day at the beach.



“Let's not forget about everything the dermatologist told us. According to the checklist, we are still missing sunscreen, an umbrella, sunglasses and hats!”





Nicholas was playing with his father when he noticed two people  
bulding a castle.

“Dad, I don’t see any sunscreen next to that family! We should go  
bring them some!” said Nicholas.



Nicholas was really happy to help his new friends protect themselves from the sun.



“I want to continue helping everyone keep their skin healthy and protected from the sun!” said Nicholas.

Nicolas is a curious boy who is about to embark on a summer adventure at the beach. However, a mysterious spot on his father's head leads him into a world of discoveries about skin, the sun, and sun protection. Through this captivating story, approved by three expert dermatologists, children learn the importance of taking care of their skin while having fun. An enriching read for young budding explorers!



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