

JULY

SKIN HEALTH & UV SAFETY MONTH

There is no such thing as a healthy tan. As summer approaches, it's the perfect time to prioritize your skin's health and protect yourself from harmful Ultraviolet (UV) rays.

1 in 5 Americans will develop skin cancer in their lifetime.



To stay proactive, make it a habit to perform monthly self-examinations. Keep an eye out for new spots, changes in existing ones, or anything that looks unusual, and promptly alert your doctor.

Sunscreen

Sunscreen is an important tool in preventing skin cancer, including melanoma. It is one of the most effective ways to protect your skin from harmful UV rays. Sun Protection Factor (SPF) measures how much UV radiation is required to cause sunburn on skin protected by sunscreen compared to skin that is unprotected. Higher SPF values provide greater protection against sunburn. Choosing a sunscreen with the right SPF is essential for maintaining your skin's health.

The American Academy of Dermatology recommends choosing a sunscreen with the following:

- **Broad spectrum:** This protects the skin from Ultraviolet A (UVA) and Ultraviolet B (UVB) rays, both of which can cause cancer
- **SPF 30 or Higher:** How well a sunscreen protects you from sunburn
- **Water-resistant for up to 40 or 80 minutes:** Sunscreens are not waterproof or sweatproof and need to be reapplied every two hours or after swimming and sweating

Preventing Sun Damage

Protecting your skin from sun damage is one of the simplest and most effective ways to reduce your risk of developing skin cancer. Here are some tips to help you stay safe in the sun:

- **Limit Sun Exposure:** Stay out of direct sunlight between 10 a.m. and 4 p.m., when UV rays are at their strongest
- **Wear Protective Clothing:** Choose clothes made from tightly woven fabrics and wear a wide-brimmed hat to shield your face, neck, and ears
- **Use Sunscreen Daily:** Apply sunscreen with at least SPF 30 every day, paying special attention to areas like your lips, ears, and nose
- **Avoid Tanning Beds:** Steer clear of tanning beds, as they emit radiation that is 10 to 15 times stronger than natural sunlight
- **Protect Children:** Since most sun exposure occurs before age 18, take extra care to protect children from excessive sun exposure and sunburn

Click [HERE](#) to learn more about how you can protect your skin this summer.

Sources

- <https://healthylearn.com/connerstrong/hc/skin-safety.html#skinsafety-sundamage>
- <https://healthylearn.com/connerstrong/hn/yes-more-sunscreen.html>
- <https://www.aad.org/public/public-health/flyers-posters>

