

Sun Safety Messages

WHAT YOU NEED TO KNOW ABOUT SUNSCREEN

0 SUNSCREENS CAN BLOCK 100% OF THE SUN'S RAYS


1 IN 5 AMERICANS WILL BE DIAGNOSED WITH SKIN CANCER IN THEIR LIFETIMES

 **90%** OF VISIBLE SIGNS OF AGING ARE DUE TO SUN DAMAGE


UP TO 80% OF THE SUN'S HARMFUL UV RAYS CAN PENETRATE YOUR SKIN, EVEN ON CLOUDY DAYS


10 AM-2 PM IS WHEN THE SUN'S RAYS ARE STRONGEST

 **1 OUNCE** OF SUNSCREEN IS RECOMMENDED WHEN IN A SWIMSUIT OR MINIMALLY DRESSED

 MOST PEOPLE APPLY $\frac{1}{4}$ - $\frac{1}{2}$ OF THE RECOMMENDED AMOUNT


 **APPLY**
TO DRY SKIN 15 MINUTES BEFORE GOING OUTDOORS. USE SUNSCREEN YEAR-ROUND, SUNNY OR CLOUDY.

 **REAPPLY**
ABOUT EVERY TWO HOURS OR MORE OFTEN IF SWIMMING.

 **USE CAUTION NEAR WATER, SNOW & SAND**
THEY REFLECT THE DAMAGING RAYS OF THE SUN WHICH CAN INCREASE YOUR CHANCE OF SUNBURN.

BEST PROTECTION
YOUR BEST BET IS WEARING LONG SLEEVES, LONG PANTS, A WIDE-BRIMMED HAT AND SUNGLASSES, AND APPLYING SUNSCREEN ON EXPOSED SKIN.



 **WATER RESISTANT**
SUNSCREENS CANNOT CLAIM TO BE WATERPROOF OR SWEAT PROOF, SO REAPPLY EVERY 40 OR 80 MINUTES, DEPENDING ON SUNSCREEN'S INSTRUCTIONS WHEN SWIMMING OR SWEATING.

BROAD-SPECTRUM
PROTECTS AGAINST:
UVB SUN RAYS WHICH CAUSE REDNESS AND BURNING
UVA SUN RAYS WHICH CAUSE SKIN CANCER AND PREMATURE SKIN AGING

SPF 30
CHOOSE SUN PROTECTION FACTOR (SPF) 30 OR GREATER. SPF OF AT LEAST 30 BLOCKS 97% OF THE SUN'S RAYS. A HIGHER-NUMBER SPF BLOCKS SLIGHTLY MORE OF THE SUN'S RAYS.

CHEMICAL SUNSCREENS
ABSORB UV RAYS. THESE SUNSCREENS RELY ON ACTIVE INGREDIENTS SUCH AS OCTOCRYLENE, BENZOPHENONE-3 AND AVOBENZONE, WHICH PENETRATE THE SKIN AND ABSORB THE SUN'S RAYS.

PHYSICAL SUNSCREENS
REFLECT RAYS WITH MINERALS SUCH AS TITANIUM DIOXIDE AND ZINC OXIDE. THESE SUNSCREENS SIT ON TOP OF THE SKIN AND PROVIDE UVB AND UVA PROTECTION.

NOURISHING BOTANICALS
SUCH AS GREEN TEA, MILK THISTLE, SOY, SHEA BUTTER, SEA BUCKTHORN AND CARROT OIL ARE FOUND IN BENEFICIAL AMOUNTS IN SOME SUNSCREENS.



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SUN, SAFETY, SUNSCREENS AND CANCER

As we reach the peak season of the summer sun, wisdom suggests that we pay greater attention to protecting our skin. Yet, there are questions about the best way to do this. Should we avoid the sun? Is all sun exposure bad for us? Are all sunscreens created equal? Does clothing afford any protection?



20
minutes

of unprotected sun-to-skin exposure every day is essential for meeting our most basic needs for Vitamin D.



Recommend physical protection:

**HATS
CLOTHING
UMBRELLAS
SUNSCREENS**

EWG SAYS: THE BEST SUNSCREEN IS A HAT AND A SHIRT.

If you choose to wear a "Tennis woman yellow polka dotted bikini," or any clothing that provides only partial skin coverage, EWG suggests using sunscreens that provide broad-spectrum (UVA and UVB-resistant) protection, as well as those that contain fewer hazardous chemicals.

BUYER BEWARE

In an effort to make a wise decision regarding which sunscreen to purchase, many consumers look for The Skin Cancer Foundation's "seal of approval." However, this shouldn't be the sole criteria you use to make a purchasing decision. According to the EWG, The Skin Cancer Foundation (SCF) lends its logo to hundreds of sun protection products that have not necessarily been thoroughly scrutinized.

PROTECTION OR POISON?



Many sunscreens on the market today have come under fire not only due to inaccurate labeling — a product states it has an SPF (Sun Protection Factor) of 50 and it's actually a four — but many have been found to contain a host of controversial chemicals that include potential carcinogens, cancer promoters, free radical generators, and hormone disruptors. In addition, the use of sunscreen is known to reduce the production of Vitamin D in the body and a recent government data has linked the common sunscreen ingredient vitamin A to accelerated development of skin tumors and lesions.

8%

According to the Environmental Working Group researchers, only 29 of 100 (that's only 8 percent!) beach and sport sunscreens are recommended for this season.



Make every effort to avoid burning your skin. Be particularly cautious during mid-day sun exposure or near water where reflections can increase exposure and risk of burns. This can lead to skin damage and injury. Extensive research demonstrates that sunburns — and particularly repeated burns — cause serious, long-term damage.



Before purchasing a sunscreen, consult with a website such as WWW.EWG.ORG to ensure you are purchasing a product that is both safe and effective.



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THE 9 PLACES YOU'RE FORGETTING TO APPLY SUNSCREEN

DR.OZ
THE GOOD LIFE



CORNERS OF THE EYES



LOWER EYELIDS



TOP OF EARS



UPPER HAIRLINE



CREASES OF THE NOSE



SKIN UNDER THE NOSTRILS



LIPS



BETWEEN UPPER LIP AND NOSE





NECK

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WRAP
on
SUNGLASSES

Wear sunglasses with 99% or more UVA and UVB absorption to provide optimal protection for the eyes and the surrounding skin. Long hours in the sun without protecting your eyes increase your chances of developing some eye diseases.

 THE OFFICIAL SPONSOR OF BIRTHDAYS!

Sun Safety Messages

the Truth about Tanning

Your natural skin color is great the way it is!

Fine Lines and Wrinkles
Sagging Skin



Cataracts
Brown Spots

Myth

"I have to get a tan to look good."

Truth

You should know your skin will pay a price!

Myth

"Only old people get cancer."



Truth

Young women are getting skin cancer more often. The risk is real!

Melanoma—the deadliest kind—is the third most common cancer in people from 15 to 39. You can get melanoma in your eyes.

Every time you tan, you increase your risk of melanoma.

You can get more than a tan from a tanning bed.

If the tanning bed isn't clean, you could pick up a serious skin infection with symptoms like:

- ☐ Genital warts
- ☐ Skin rashes
- ☐ Skin warts
- ☐ Flaky, discolored patches on your skin



Myth

"Having a good 'base tan' will protect my skin from the sun."



Truth

A tan is a sign of damaged skin.

Myth

"Tanning beds are a good way to get vitamin D."



Truth

Tanning beds are risky, and most people get enough vitamin D from food and sunlight during daily activities.



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FUN IN THE SUN

WHAT YOU NEED TO KNOW ABOUT SUNBURNS AND PROTECTION

Sunlight is good for your health, as it gives you bone-enriching vitamin D as well as mental health benefits. But too much sun can cause painful sunburns and have a long-term negative effect on your health.

SPF stands for Sun Protection Factor and only measures protection against UVB rays



For UVA and UVB protection, look for sunscreens that have a "broad-spectrum" protection



The sun is most intense between 10 a.m. and 4 p.m.



Reflective surfaces like ice, water and white sands can enhance UV rays



You're more likely to get burned at higher altitudes

YOUR SKIN HAS A NATURAL SPF

Adding sunscreen multiplies the time you can stay outside without burning by the SPF number.

For example:

If you burn after 10 minutes in the sun, adding SPF 15 will let you stay 15 times longer (150 minutes) before you burn.* But you may need to reapply if you sweat or get in water.

*Apply 15-30 minutes before going into sunlight

THERE ARE TWO TYPES OF ULTRAVIOLET RAYS:



Sunburns happen when your skin absorbs too many ultraviolet rays, triggering a chemical process that inflames the skin and kills cells.

DON'T FORGET THESE COMMONLY MISSED AREAS:



ANGIE'S LIST HAS REVIEWS FOR DERMATOLOGISTS | **Angie's list**

<http://www.webmd.com/healthy-beauty/tc/sunburn-topic-overview>

<http://health.howstuffworks.com/skin-care/beauty/sun-care/spf1.htm>

<http://chemistry.about.com/od/howthingswork/aq/1/sunscreen.htm>

<http://www.melanomafoundation.org/prevention/facts.htm>

<http://www.rd.com/health/how-sunburn-works/>

<http://www.skincancer.org/prevention/uva-and-uvb/understanding-uva-and-uvb>

<http://www.webmd.boots.com/osteoporosis/news/20101216/sun-is-good-for-you-in-moderation>