

SUN PROTECTION FACT SHEET

Eagle View Community Health System

The chances of knowing someone who has been diagnosed with cancer in America today are nearing 100%. Cancer surrounds us on a daily basis by means of diagnosis, treatment, engaging in risky behaviors, or breathing in the carcinogens (cancer causing agents) all around us. We turn our heads towards lung cancer, breast cancer, and even colon cancer, but we do not give much thought to the type of cancer that will affect more than 1 million Americans this year. Skin cancer rates are constantly on the rise with an estimated 1 in every 5 Americans being diagnosed with a form of skin cancer at some point in their life. This is one of the most preventable forms of cancer and with just a few simple steps you can help decrease your risk of developing skin cancer.

- At least 30 minutes before going outside, apply sunscreen generously giving it time to bind to your skin.
- Your sunscreen should: have at least an SPF of 15 and block both UVA and UVB rays (read: broad spectrum). An SPF of 30 is recommended.
- Use at least 1 ounce (shot glass full) of sunscreen each time you apply.
- Wear a hat with a large rim to cover your face and shoulders.
- Reapply sunscreen every 2 hours, and immediately after swimming, toweling off, or sweating.

Know the Sun and its Rays

- The sun emits both UVA and UVB rays.
- UVB rays are the main culprits behind a sunburn.
- UVA rays penetrate the skin more deeply causing premature aging, leathery skin, wrinkling, and increase the carcinogenic effects of UVB rays.

Little Known Facts About the Sun

- You should apply sunscreen year round as snow, water, sand, and concrete reflect 85% of the sun's rays.
- On a completely cloudy day, 40% of the sun's UV rays reach the earth. Thus, sunscreen is just as important as it would be on a clear, sunny day.
- Your skin has a maximum amount of sun exposure each day. It is a myth that as long as you wear sunscreen, you can be outdoors as long as you'd like. The equation is simple:
 - Take the amount of time you can be in the sun (unprotected) before burning. Multiply that number by the SPF you are using. The answer is the amount of time you can be in the sun each day.
 - For example: 20 minutes in the sun before burning x SPF 30= 600 minutes (10 hours) you can be in the sun for that day.

For more information visit:
<http://www.skincancer.org>
<http://www.aad.org>