

Love your skin



Sun Protection Tips

Limit your exposure to the sun during midday when UV rays are most intense. Try to plan your activities out of the sun at these times. If you must be outdoors, always make sure you have enough sun protection.

UV radiation will also pass through water, so don't think you are safe while swimming or doing other aquatic activities. Make sure to be especially careful when at the beach or in the snow as these both reflect sunlight and increase the amount of UV radiation you receive.

When out in the sun, cover as much skin as possible with protective clothing. Dark colours offer more sun protection than light colours by preventing more UV rays from reaching your skin. Tightly woven fabrics offer better coverage than loosely woven clothing. If you can see through the fabric then UV rays are coming through too! Look for clothes with an UPF rating - UPF stands for Ultraviolet Protection Factor and is a measure of total UV blocked. Wear a hat with at least a 2 - 3 inch brim all around. It will protect areas often exposed to the sun, such as the neck, ears, eyes, forehead, nose and scalp.

Use sunscreen with a SPF of 15 or higher that protects against UVA and UVB radiation. Some cosmetics also contain SPF products, but check the label. A sunscreen with SPF 4 stops 75% of the UV rays while a SPF 15 stops 93%. It is important to remember that sunscreen does not provide complete sun protection. While using a SPF 15 correctly, you will get the equivalent of 1 minute of burning UV rays each 15 minutes you spend in the sun. So, 8 hours in the sun wearing your SPF 15 sunscreen is the same as spending 32 minutes unprotected.

Sunscreen products labelled "waterproof" offer sun protection for at least 80 minutes even when swimming or sweating. While products labelled "water resistant" may only protect you for 40 minutes. Don't use old products as the expiration of most sunscreen products occur within two to three years.

To achieve maximum sun protection you should apply sunscreen 20 to 30 minutes before going outside - be generous! Try to apply sunscreen every 2 hours for the best results. And don't forget to re-apply sunscreen to maintain your sun protection if swimming or sweating. Consider oral supplements to protect deeper skin cells - particularly if you have sensitive skin.

Wear sunglasses that help block UV rays to decrease your chances of developing eye diseases, invest in glasses that block 99% to 100% of UVA and UVB radiation. Large-framed wraparound sunglasses protect your eyes from all angles.

Avoid sunlamps and tanning booths which emit UVA and UVB rays which both cause serious skin damage and contribute to formation of skin cancers.

Check your skin regularly to improve your chances of finding pre-cancerous skin conditions and skin cancer. The earlier you see signs and meet with your doctor, the greater your chances for successful treatment.