

# wellness

## SKIN CARE

### The Sizzle That Kills

Sun, glorious sun. The fun of being out in it. Tan, beautiful tan. The joy of looking so good.

**And the danger.**

What danger? Those sun rays and tanning bed rays are doing more than casting a golden bronze. They're shirring some rays on your skin that could cause cancer, leave you wrinkled well before your time and speed up the aging process.

Sound gruesome? It is. But it's also avoidable.

When you're planning to be outdoors, avoid the hottest part of the day, from 10 a.m. to 4 p.m. And when you do go out, apply some good sunscreen.

**Also:**

- ✔ Put on a wide-brimmed hat
- ✔ Wear UVA and UVB protective sunglasses

"The best way to deal with a sunburn is, duh, not to get one in the first place."

— Chris Ott

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FOR PRINT

### Know Your Sunscreen

Sunscreen can be a lifesaver, if chosen and used properly. Here's how:

- Buy a broad-spectrum sunscreen
- Make sure it has a sun protection factor (SPF) of at least 15; many dermatologists recommend 30 SPF or more
- Use plenty of it—a bottle should last about three applications
- Apply it even if it's cloudy
- Reapply every 90 minutes

### Quick UV Facts

The sun's ultraviolet (UV) rays, a form of radiation you can't see or detect, are what damage your skin.

There are two kinds of UV rays:

- UVA, which penetrate deep into your skin, causing early aging and skin cancer
- UVB, which strike the skin's surface and cause sunburn

### Special Caution

Sun plays particular peril on certain people, especially those who:

- Got a bad sunburn as a child
- Have fair skin and light hair
- Live close to the equator
- Have a relative who has had skin cancer
- Spend a lot of time outdoors
- Take medications that can make you photosensitive

