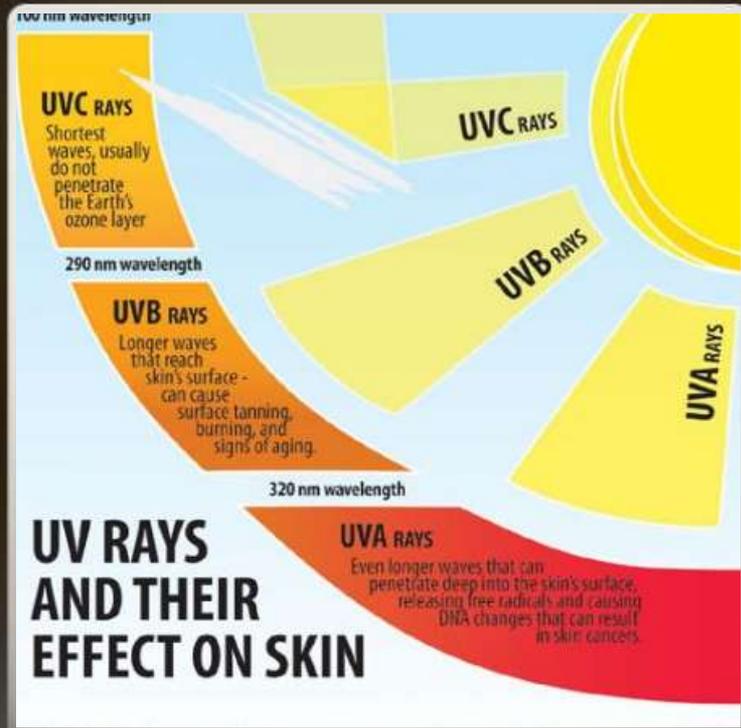


## The Dark Side of Sun Exposure

The warm glow of the sun can make us feel good but the effects of sun exposure put us at risk of skin damage, early wrinkling, age spots, and skin cancer.



From Sun Safety Alliance Photos

## Suntan

The golden color you see is the result of injury to the top layer of skin. Exposure to the sun's ultraviolet (UV) rays accelerates aging and increases your risk for developing skin cancer. To prevent sun damage, use a sunscreen of SPF 30 or higher when outdoors.



## First-Degree Sunburn

Sunburn is skin damage from the sun's UV rays. The UV radiation damages the skin cells which triggers inflammation. Most sunburns result in redness, heat to the touch, and mild pain, affecting only the outer layer of skin (first degree burns). Sunburn usually appears within hours after sun exposure and may take several days to weeks to fade.

To prevent sunburn, use a sunscreen of SPF 30 or higher when outdoors.



Flickr/kirinqueen

## Second Degree Sunburn

A second degree burn - damaging deep skin layers and nerve endings - is usually more painful and takes longer to heal. There is redness and swelling but also blistering.

Consider seeing a doctor if you have a blistered sunburn.



Wikipedia by Axelv

## Wrinkles

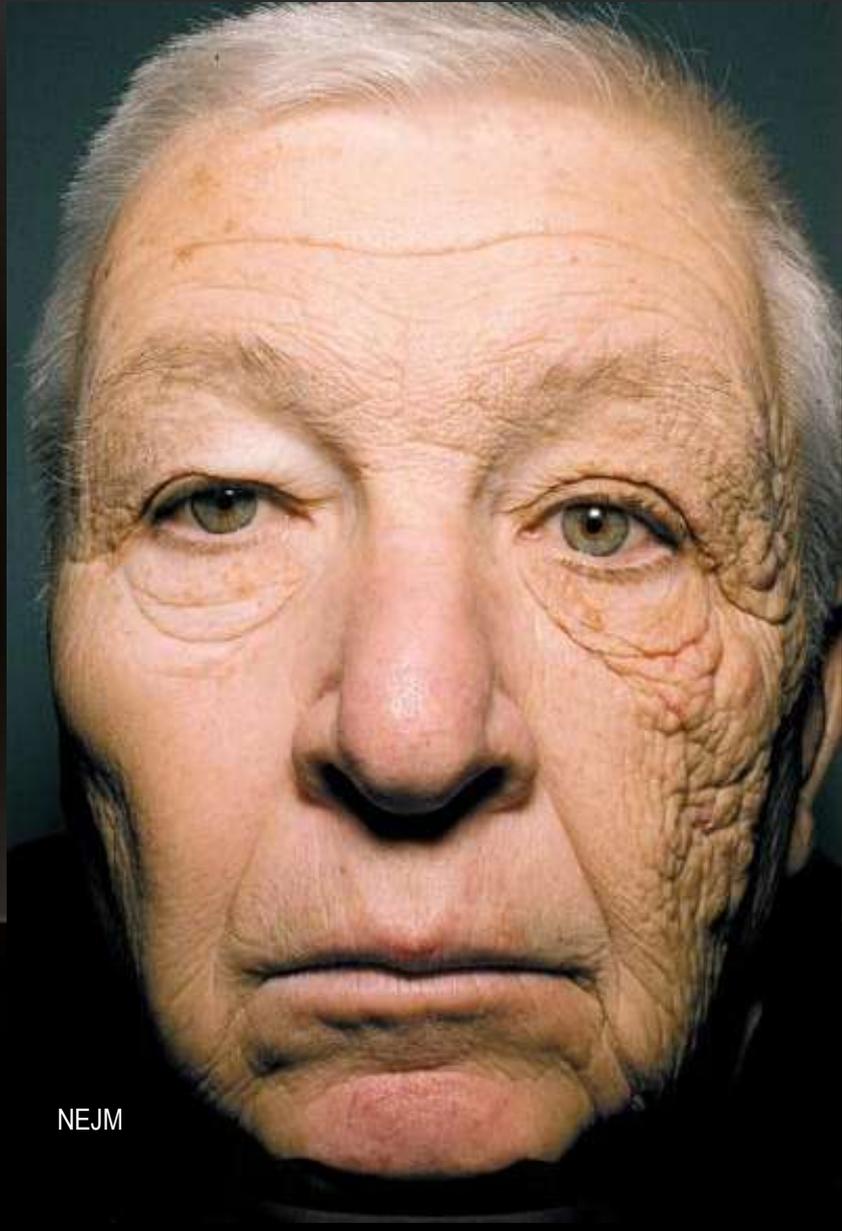
The sun's rays make skin look old and wrinkled. Over time, the sun's ultraviolet light damages the fibers in the skin called elastin. When these fibers breakdown, the skin begins to sag, stretch, and lose its ability to go back into place after stretching. More than 80% of the signs of skin aging in adults are the result of sun exposure before age 18..



## Wrinkles

Half of this man's face had a lot of sun exposure.

Can you tell which one?



NEJM

## Age Spots

These brown spots are the result of sun exposure, which is why they tend to appear on areas that get a lot of sun, such as the face, hands, and chest.



Dr P. Marazzi/Science Photo Library

## Looking Old

Too much cumulative sun over your life time leads to premature aging of your skin. How old do you think this person is? Using sun protective measures is a safe and effective way to enjoy the outdoors without being exposed to the harmful effects of the UV light.



<http://itsmalignant.com>

## Skin Cancer

Skin cancer is the most common cancer in the U.S. It is caused by an uncontrolled growth of abnormal skin cells. There are three main types of skin cancer: basal cell carcinoma, squamous cell carcinoma, and melanoma. All can cause serious health problems if not caught early and melanoma can be deadly.



## Basal Cell Carcinoma

Basal cell carcinoma is the most common form of skin cancer. It is the most easily treatable and least likely to spread but can damage local structures. Basal cell tumors can take on many forms. It most often occurs on sun-exposed areas of the body.



## Squamous Cell Carcinoma

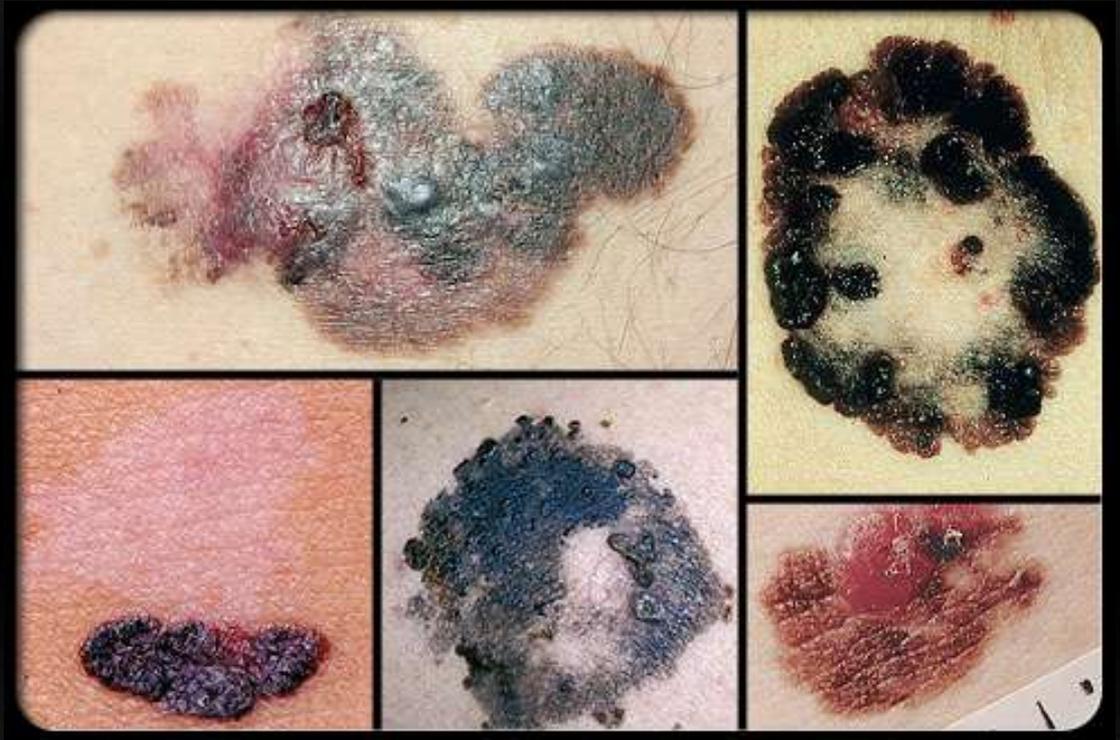
This skin cancer takes on many forms. It can be red and scaly or a sore that does not heal. Any spot on the skin that bleeds without trauma should be seen by a doctor. It most often occurs on sun-exposed areas of the body. Squamous cell carcinoma is curable if caught and treated early. If the skin cancer becomes more advanced it may require chemotherapy or radiation to treat.



DermIS

## Melanoma

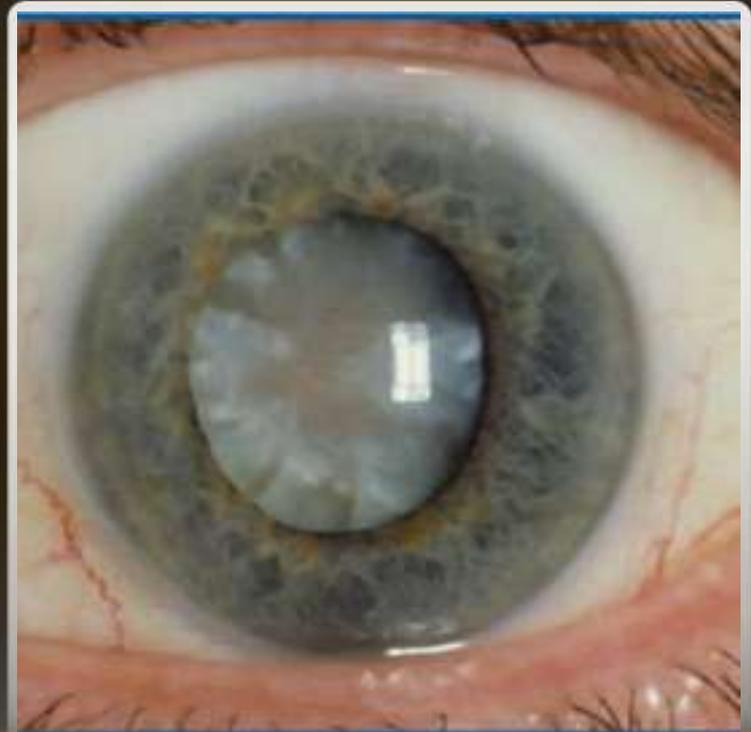
Melanoma is not as common as other types of skin cancer, but it's the most serious and potentially deadly. Signs of melanoma include a change in the appearance of a mole or pigmented area. Consult a doctor if a mole changes in size, shape, or color, has irregular edges, is more than one color, is asymmetrical, or itches, oozes, or bleeds. Melanoma can affect the skin only, or it may spread to organs and bones. It can be cured if it's found and treated early.



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## Cataract

A cataract is a cloudy area in the lens of the eye that blocks the passage of light to the retina. Cataracts are painless but may cause vision problems, including foggy vision, glare from light, and double vision in one eye. Prevent cataracts by wearing a hat and sunglasses when in the sun.



## Sun Protection

- **Wear a hat and sunglasses when going outside.**
- **Use a sunscreen** with an SPF of at least 30 when going outside, even on cloudy days. The sunscreen should either say it protects from UVA and UVB rays or offers “broad-spectrum” sun protection, which means the same thing. It should be applied 15-30 minutes before you go outside.
- **Seek shade** between 10 a.m. and 4 p.m., when the sun’s rays are strongest.
- **Wear clothes that cover the arms and legs, whenever possible.**



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