

THE BALM  
IN GILEAD<sup>INC.</sup>

# Sunday Morning

HEALTH CORNER



## Protecting Our Skin: Every Day, Every Shade

UV rays don't take a break and neither should your skin care. Whether it's sunny, cloudy, or cool, protecting your skin matters. People of all skin tones are at risk for sun damage, premature aging, and even skin cancer. Building sun-safe habits is one way we protect our health and honor the skin we're in.

### Every shade deserves sun safety and skin health. Skin health belongs to everyone.

People with darker skin may be less likely to use sunscreen, often believing they're not at risk. But sun damage, burns, and skin cancer can affect everyone, regardless of melanin.

UV radiation can damage the DNA in skin cells. This damage increases the risk of cancer and leads to early signs of aging. While melanin offers some natural protection, it's not enough. Skin cancer in people of color is often diagnosed late, which makes it harder to treat.

### Why It Matters

Skin cancer is less common in people with darker skin, but it's more likely to be diagnosed at an advanced stage. Many Black and brown individuals grow up believing they don't need sunscreen, but that belief can delay care and increase risk.

Without visible signs like redness or peeling, sun damage can go unnoticed in darker skin, but the harm still happens underneath. When people of color are left out of sun safety conversations, they miss out on key steps that could prevent illness. Knowledge, early detection, and daily protection can truly save lives.

### What Can You Do

- Use broad-spectrum sunscreen (SPF 30 or higher) every day, even on cloudy days.
- Reapply sunscreen every 2 hours and after swimming or sweating.
- Wear a wide-brim hat, sunglasses and protective clothing.
- Learn what skin cancer looks like on your skin tone.
- Get a baseline skin screening by age 20 and follow up every 2–3 years.



For more Information, visit [blog.uvahealth.com](https://blog.uvahealth.com)



The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment, and access to care through education, programming and advocacy. Learn more at [balmingilead.org](https://balmingilead.org).

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