THE BALM IN GILEAD INC

Sunday Morning HEALTH CORNER

Sun Safety & Skin Care



Spending time outside is a great way to reduce stress, be physically active, and maintain optimal Vitamin D levels. However, it is important to reduce your skin cancer risk by protecting your skin from the harmful rays of the sun, not just in the summer, but all year round.

The Risks of Sun Damage

Skin cancer is the most common cancer in the United States—most types are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun and can damage skin cells. These rays can reach you any time of the year, even on cloudy and cool days, so it's important to practice daily precaution. Your skin is damaged by sun exposure over your lifetime, whether you burn or not.

Choosing the Best Sunscreen: What to Look For

- **Broad Spectrum:** Protects skin from both UVA and UVB rays.
- **SPF 30:** Ideal for daily, occasional sun exposure, like walking your dog.
- **SPF 50 or higher:** Necessary for extended outdoor activities, sports, or working outdoors.
- **Water Resistant:** Needed for swimming or intense exercise. Tested to be effective for up to 80 minutes of swimming.

Live a Sun-Safe Life

- Seek shade whenever possible.
- Wear sun-safe clothing—clothes with tightly woven fabric, wide hats, UV-blocking sunglasses.
- Reapply sunscreen every two hours and check expiration dates.
- SPF stands for sun protection factor, and the number rating tells you how much longer you can stay in the sun without getting sunburned.
- Don't wait until you're thirsty to drink water—stay hydrated to combat heat exhaustion.





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, treatmentand access to care through education, programming and advocacy. Learn more at **balmingilead.org**.

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