



I Dare You to Avoid Sun

It can be so tempting when the weather is finally beautiful and the sun is out in full strength after a long hard winter to spend as much time outside as possible. You just want to be outside all the time, and there is nothing wrong with that. However, many people do not fully understand that the sun can be very detrimental to your health. The rays of the sun can damage your skin and cause wrinkles, pigmentation and even skin cancer. Skin cancer is the most common type of cancer diagnosed in the U.S. today. It can even be deadly. It is vital to your health and the health of your family that you take the proper precautions when you will be exposed to the sun.

First and foremost, the best line of defense if you are going to be in the sun is wearing sunscreen. It is recommended that you use a sunscreen of at least 30 spf. This will effectively block out 97% of UVB rays. It is best to apply sunscreen about a half hour before you go out into the sun and then again right before you go out. This will provide you with the best protection possible. Another important aspect to remember is to choose the correct ingredients in your sunscreen. You will want to select a sunscreen that contains one of the following ingredients: titanium dioxide, zinc oxide or parsol 1789 (avobenzone). These ingredients will ensure that you are protected against UVB and UVA rays, which can cause damage to the skin.

Another way to protect yourself from the sun is to avoid it all together. Stay out of the sun between the hours of 10 a.m. and 4 p.m. when the sun is at its hottest. Seek shade whenever possible and wear protective clothing. Melanoma is a serious form of cancer that can be deadly. You increase your risk of skin cancer substantially when you expose yourself to the sun without protection. So remember next time you are heading out for a fun day in the sun, that it is imperative to protect yourself from the damaging rays you will be exposed to. **I dare you to avoid the sun and take the proper precautions if you will be exposed. It could save your life.**

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