



Some Sun-Care Facts and Tips

- There are three types of ultraviolet radiation, energy emitted by the sun: UVA rays maintain constant intensity throughout the year, are longer and penetrate more deeply into the skin's layers than UVB rays, which are shorter and tend to be more intense during the summer. UVC rays are the strongest and most dangerous but are filtered by the ozone layer.
- A suntan results from pigmentation change of melanin, the body's natural reaction as it tries to protect itself from sun damage. Photo aging is premature aging of skin (dry and rough, age spots or brown blotchy discoloration).
- There are three types of skin cancer: melanoma (the least common but most serious form killing 660 Canadians annually); basal cell and squamous cell carcinomas (which make up 80 per cent of all new cases, some 62, 000 annually, and are 95 per cent curable if removed early); and actinic/solar keratosis, a pre-malignant skin condition that can progress into cancer. All are in the form of moles or freckles that have grown, discolored, are new, appear suddenly to change or are sores that don't heal.
- The best protection against cancer is to limit sun exposure, especially between 11 a.m. and 4 p.m. when rays are strongest, wear tight-weaved clothing, wide-brimmed hats and proper sunglasses and put sun screen on unprotected parts, applying every 20 minutes before heading outdoors and reapplying every two hours or after swimming or sweating intensely.
- No sun screen absorbs all the sun's rays. If you stay out long enough you'll burn, although it's possible to get skin cancer without burning.