

The sun and your Skin

During the summer time in Minnesota, it easy to find sunbathers or “sun worshipers” tanning on one of our 10,000 lakes. After all, the winters in Minnesota don’t allow for very many shorts and tank top wearing days. Sun tanning does not come without risks.

The American Caner Society reports that 20% will contract skin cancer during their lifetime. The chances increase as one increases their exposure to the sun. The vast majority of skin cancer cases occur on the face, head, neck, or arms. Areas, which during the average lifetime are, exposed to the sun more then any other body areas. In addition sun exposed areas have a tendency to more spots, blemishes, and wrinkles. Just put a grape in the sun and you will see it become a wrinkled and darkened raisin.

This does not mean avoid the sun at all cost or prepare to look like a California raisin, but rather take some simple precautions to protect yourself from the harmful rays of the sun. The first and easiest step is to choose a sunscreen with a sun protection factor of 15 or higher and that blocks out the damaging ultra-violet light, a broad-spectrum sunscreen.



Stay Healthy

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Your skin can also be damaged through clouds and glass. So you should also protect yourself on cloudy days and when driving in the car for long periods. When you’re on that family picnic or at the playground protect yourself and your kids. And you can still enjoy that nice heart warming summer day.

Get educated, get health smart, and live longer and happier.