

# Living Well Tip of the Week

**Skin Cancer is the most common form of cancer in the US. (CDC)**

## **Common Myths About the Sun's Effects**



- **MYTH – Suntans are Healthy.** Ultraviolet rays cause invisible damage to skin cells. A tan results from this damage.
- **MYTH – Skin Damage Occurs in the Adult Years.** 80% of a person's lifetime exposure to the sun occurs before 18 years of age. Thus, children & teens require the most protection.
- **MYTH – You Can't Burn on a Cloudy or Cool Day.** On hazy days, 80% of the harmful UV rays can pass through the cloud layer to reach your skin.
- **MYTH – You Can See a Burn Coming & Can Respond Accordingly.** Just because your skin does not appear red or hot to the touch does not mean that all is well. Typically, symptoms appear 6-12 hours after exposure.
- **MYTH – Once you have a base tan, you don't need to use sunblock anymore.** Sunscreen filters out UVA rays, which hastens the signs of aging, & UVB rays, which can cause cancerous cell growth. Regardless of your current skin color or previous sun exposure, sunscreen is still needed.

**Find Out More About Sun Protection & Sunscreens through [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut), select "Health Topics" and type "Skin Health"**

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