

# Take CARE this summer

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Protect yourself from the sun



It's always wise to choose more than one way to cover up when you're in the sun. Use sunscreen and put on a shirt... seek shade and grab your sunglasses... wear a hat, but rub on sunscreen too. Combining these sun protective actions helps protect your skin from the sun's damaging UV rays. UV rays reach you on cloudy and hazy days, as well as bright and sunny days. UV rays will also reflect off any surface like water and sand. Additionally, UV rays from artificial sources of light, like tanning beds, cause skin cancer and should be avoided.

Most forms of skin cancer can be cured. However, the best way to avoid skin cancer is to protect your skin from the sun.

## Stay wise in the sun

7 tips to enjoy the summer and reduce the risk of skincancer:

- Enjoy the sun, but take care of your skin.
- Carefully let your skin get used to the sun and prevent getting sunburned.
- Stay out of the sun between 12.00 and 15.00.
- Preferably wear a sun hat and clothes when in full sun.
- Rub on sunscreen with a high sun protective factor.
- Take care with long sunbathing. It should only be done by people above 18 years old, with skintype 2,3 or 4 and well rubbed in with sunscreen with a high factor.
- Get out of the sun when your skin is reacting strangely (rash, itching) or when you are getting sunburned quickly. If necessary, contact a doctor.

## Protecting children from the sun



Just a few serious sunburns can increase your child's risk of skin cancer later in life. Kids don't have to be at the pool, beach, or on holiday to get too much sun.

Their skin needs protection from the sun's harmful UV rays whenever they're outdoors. Parents, help your children play it safe in the sun and protect your own skin as well. You're an important role model.

## Suntips for kids

Kids love to play outdoors in the sun. The following tips help you to prevent them against too much sun:

**Keep** kids younger than 12 months out of the sun.

**Use** a sunscreen with a sun protective factor of 20 or higher.

**Rub** on the kids half an hour before going into the sun.

**Repeat** rubbing on the kids every two hours, also when the sunscreen is water resistant.

**Preferably** let them play in the shadow, at least between 12.00 and 15.00.

**Don't** let them spend too long only in their swimming suits. Let them wear a shirt and a hat.

**Give** the right example.

## Oops... still got sunburned?!

**Get** out of the sun immediately

**Cool** the skin for ten minutes under cold water

**Don't** take a hot shower, but use lukewarm water

**Rub** on aftersun thoroughly

**Also** cucumber and aloe vera have a cooling effect

**Wear** light clothing that doesn't rub against your skin

**Stay** out of the sun for the next three days.

**T**ake precautions to avoid the sunburn which can increase your risk of skin cancer.

Skin cancer is the most common form of cancer. Exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor involved with developing skin cancer. During the summer months, UV radiation tends to be greater. To help prevent skin cancer while still having fun outdoors, regularly use sun protective practices such as:

**Seek shade**, especially during midday hours (12 - 3), when UV rays are strongest and do the most damage.

**Cover up** with clothing to protect exposed skin. A long-sleeved shirt and long trousers with a tight weave are best.

**Get a hat** with a wide brim to shade the face, head, ears, and neck.

**Grab shades** that wrap around and block as close to 100% of both UVA and UVB rays as possible.

**Rub on sunscreen** with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.

## Check your factor:

Skin type	Appearance	Description	SPF
Very light skin.	Blond or reddish hair, light eyes.	You get sunburned very quickly and don't get tanned.	20+
Light skin.	Blond hair, light eyes.	You get sunburned quickly and only get tanned slowly.	12 - 16
Tinted skin.	Dark blond / brown hair, rather dark eyes.	You hardly get sunburned and get tanned easily.	8 - 10
Tinted skin.	Dark hair, dark eyes.	You hardly ever get sunburned and get tanned really quickly.	4 - 8