

Sunshine & Skin Health

What You Should Know

Moderate Exposure

The Benefits

Increased Vitamin D
Stronger bones
Improved sleep
Improved immune function
Improved mood

Overexposure

The Dangers

Ultraviolet (UV) radiation is a carcinogen
(causes cancer)
Oxidative skin damage
Eye damage
Immune suppression
Premature aging

Protect Yourself!

Use broad spectrum (UVA/UVB) sunscreen (SPF 30+)

Wear a hat

Wear UV-blocking sunglasses

Wear UVB protective clothing

Avoid tanning beds

Seek shade, especially during peak hours (10am-4pm)

Keep newborns OUT of the sun! Sunscreen may be applied at 6 months+

Examine your skin monthly, head to toe

Visit a dermatologist yearly for a comprehensive exam

Have a sunburn?

99% Aloe vera gel

Cool green tea compress

Calendula lotion

Topical Vitamin E oil

Additional Resources

<https://www.ewg.org/sunscreen>

<https://www.skincancer.org/skin-cancer-prevention/>

<http://www.americanskin.org/resource/safety.php>

Disclaimer:

Recommendations listed here may not be suitable for everyone. Always consult with your physician regarding the best treatment and prevention protocols for you.

References

Mead MN. Benefits of Sunlight: A Bright Spot for Human Health. *Environ Health Perspect.* 2008;116(4):160-7.

Skin Cancer Prevention. The Skin Cancer Foundation. <https://www.skincancer.org>. Published 2020. Accessed February 9, 2020.