

Skin Sense

facts from the experts

Staying Safe By Reducing Sun Exposure

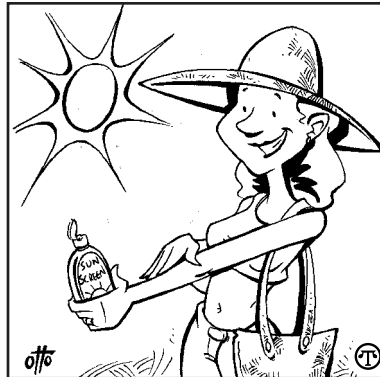
(NAPSA)—Overexposure to the sun's invisible rays—ultraviolet A (UVA) and ultraviolet B (UVB)—can cause skin damage that ranges from sunburn and rashes to premature wrinkling and skin cancer. Knowing the answers to a few questions may help save your skin.

True or False?

1. Sunscreens labeled 15 or higher don't protect you against all the sun's rays.
2. Suntans are a sign of skin damage.
3. Sunscreens should be used on cloudy days.
4. Infants shouldn't be in the sun at all.
5. Some medications can make your skin sensitive to the sun.
6. Sun-protective clothing can protect you from the sun.

Answers

1. True. The SPF number gives you some idea of how long you can stay in the sun without burning. For example, if you burn in 10 minutes without sunscreen, applying a liberal dose of sunscreen with an SPF of 15 will protect you for about 150 minutes. Although sunscreens with identical SPF numbers give you about the same protection from UVB rays, no sunscreen product screens out all UVA rays. Some products may advertise UVA protection, but there is no system to rate UVA protection.
2. True. Any tan is a sign of skin damage.
3. True. The sun's rays are strongest between 10 a.m. and 3 p.m., but even casual exposure to sunlight contributes to cumulative lifetime exposure.
4. True. A significant percentage of our exposure to sun occurs by age 18. Sunscreens with a minimum SPF of 15 should be applied



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to children's skin about 30 minutes before they go outdoors. Infants six months and younger should be kept out of direct sunlight altogether. Sunscreens may irritate baby skin and infants' developing eyes are very vulnerable to sunlight.

5. True. Certain antibiotics, birth control pills, diuretics, antihistamines and antidepressants are among commonly used drugs that can increase sensitivity to the sun's rays.

6. True. Sun-protective clothing should have a label listing the garment's Ultraviolet Protection Factor (UPF) value; that is, the level of protection the garment provides from the sun's ultraviolet rays.

For more information about sun protection products, call the Federal Trade Commission at 1-877-FTC-HELP (1-877-382-4357) or visit www.ftc.gov.

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