

# MedBen WellCare

benefitness for you.

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## Have Fun In The Sun, But Play It Safe

Playing in the sun may be fun, but the effects of its UV rays are not. UV rays have been proven to cause severe damage to the skin, including burns, darkening age spots, and premature aging. Even worse, they've been linked to causing various types of skin cancer.

To help protect yourself, it is important to know how to select the right sunblock. When making a purchase, keep in mind three factors: sun protection factor (SPF), spectrum, and water-resistance.

The SPF of any sunblock worn for lengthy sun exposure should be of at least 30, which will block out up to 97% of the harmful UV radiations. Also, be sure to get a sunblock that is labeled "broad spectrum." This indicates that the sunblock is a barrier for both UV-A and UV-B rays. Finally, selecting a sunblock that is water-resistant will help protect not only against the water you and your family will be playing in on the hot summer days, but sweat as well.

After properly applying your sunblock (see below), if you notice that your skin is still starting to turn pink, find some shade or go inside. Do not let yourself burn. It also makes good sense to see your family doctor regularly so that he or she can help guide you to take full care of your skin – or if necessary, refer you to a good dermatologist.



## Don't Get Burned By Poor Skin Protection

**Properly applying a sunblock is just as important as selecting one – so don't rush it!**

- Apply sunblock at least 30 minutes prior to sun exposure, to allow it to be absorbed into your skin.
- Read the instructions, as every sunblock lasts for different periods of time.
- On average, reapply sunblock every two hours.
- Make sure to cover every area exposed to the sun.
- Spray sunblocks are the most effective at covering every spot of the body.
- Don't rely on sunblock alone. Wearing a hat or dark, tightly woven clothes will also help protect your skin.
- Seek shade between 10 a.m. to 4 p.m., when the UV rays are the most harmful.



SOURCES: MD Anderson Cancer Center, The Skin Cancer Foundation