

## References

Jou PC, Feldman RJ, Tomecki KJ. UV protection and sunscreens: what to tell patients. *Cleveland Clin J Med*. 2012;79:427-436.

Krakowski AC, Kaplan LA. Exposure to radiation from the sun. In: Auerbach PS. *Wilderness Medicine*. 6th ed. Philadelphia, PA: Elsevier Mosby; 2011:chap 14.

U.S. Food and Drug Administration. FDA press release: FDA announces changes to better inform consumers about sunscreen. Available at <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm258940.htm>. Accessed August 19, 2013



## Locations

### Calumet Family Health Center

56901 South 6th Street, Calumet, MI 49913  
906-483-1177

### Gwinn Family Health Center

135 E. M-35, Gwinn, MI 49841  
906-346-9275

### Hancock Family Health Center

500 Campus Drive, Hancock, MI 49930  
Family Practice: 906-483-1060  
Pediatrics: 906-483-1700  
OB/GYN: 906-483-1050

### Houghton Family Health Center

600 MacInnes Drive, Houghton, MI 49931  
906-483-1860

### Ice Lake Family Health Center

1500 West Ice Lake Road, Iron River, MI 49935  
906-265-5378

### Lake Linden Family Health Center

945 9th Street, Lake Linden, MI 49945  
906-483-1030

### Menominee Family Health Center

1110 10th Avenue, Menominee, MI 49858  
906-290-5000

### Ontonagon Community Health Center

751 South 7th Street, Ontonagon, MI 49953  
906-884-4120

### Sawyer Family Health Center

301 Explorer Street, Gwinn, MI 49841  
906-346-9275



### Upper Great Lakes Family Health Center

506 Campus Drive  
Hancock, MI 49930  
(906) 483-1705  
[www.uglhealth.org](http://www.uglhealth.org)

# Sun Protection



*Providing exceptional health care services for all people in the Upper Great Lakes region regardless of their ability to pay.*



## Sun Protection

Many skin changes, such as skin cancer and age spots, are caused by exposure to the sun.

The two types of sun rays that can injure the skin are ultraviolet A (UVA) and ultraviolet B (UVB). UVA affects the deep layers of skin. UVA is more intense than UVB and is the main cause of sunburns.

The best way to lower your risk of skin damage is to protect your skin from the sun. This includes using sunscreen and other protective measures.

- Avoid sun exposure, particularly from 10 a.m. to 4 p.m. when UV rays are the strongest.
- Remember that the higher the altitude, the quicker your skin burns with sun exposure. And the start of summer is when UV rays can cause the most skin damage.
- Use sun protection, even on cloudy days. Clouds and haze do not protect you from the sun and can even make UVB rays stronger.
- Avoid surfaces that reflect light, such as water, sand, concrete, snow, and areas that are painted white.
- Do not use sun lamps and tanning beds (tanning salons). Spending 15 to 20 minutes at a tanning salon is as dangerous as a day spent in the sun.

### Choosing the Right Clothing:

In addition to applying sunscreen, adults and children should wear clothing to protect skin against the sun. Suggestions for clothing include:

- Long-sleeve shirts and long pants. Look for loose-fitting, unbleached, tightly woven fabrics. The tighter the weave, the more protective the garment.
- A hat with a wide brim that can shade your whole face from the sun.
- Special clothing that protects the skin by absorbing UV rays.
- Sunglasses that block UVA and UVB rays, for anyone above age 1.

It is important not to rely on sunscreen alone for sun protection. Wearing sunscreen is also not a reason to spend more time in the sun. Sunscreen does not appear to protect against melanoma and other skin cancers. Other factors seem to play a role in how these skin cancers develop.

### Choosing the Best Sunscreens:

- Sunscreens that block both UVA and UVB. These products are labeled as broad spectrum.
- Sunscreens labeled SPF 30 or higher. SPF stands for sun protection factor. This number indicates how well the product protects the skin from UV damage.
- Sunscreens that are water resistant, even if your activities do not include swimming. This type of sunscreen stays on your skin longer when your skin gets wet.

Avoid products that combine sunscreen and insect repellent. Sunscreen needs to be reapplied often. However, insect repellent applied too often could be harmful.

If your skin is sensitive to the chemicals in sunscreen products, choose a mineral sunscreen such as zinc oxide or titanium dioxide.

Less expensive products that have the same ingredients work as well as expensive ones.

#### When applying sunscreen:

- Wear it every day when going outdoors, even for a short time.
- Apply 30 minutes before going outdoors for best results. This allows time for the sunscreen to be absorbed into your skin.
- Remember to use sunscreen during the winter.
- Apply a large amount to all exposed areas. This includes your face, nose, ears, and shoulders. And remember your feet.
- Follow package instructions about how often to reapply.
- Always reapply after swimming or sweating.
- Use a lip balm with sunscreen.