



Skin Concept

SUN PROTECTION

What are the damaging effects of the sun?

In short term, it could cause sunburn and dry skin. Some skin diseases are caused by or worsened by sunlight. In longer term, excessive chronic sun exposure or intense sun exposure (sunburns) can cause skin cancers, early skin aging such as wrinkling, loss of elasticity and brown spots on the skin.

How can you protect your skin from the sun?

You should practice sun safety on yourself and your children.

1. Stay Indoor:

The sun is strongest between 11am and 4pm. In the summer, there is still strong ultraviolet radiation even when it is cloudy and breezy. The sun can also reflect off snow, water or sand.

2. Clothing & Hat:

You should wear long-sleeved top, long pants and a wide brimmed hat, especially in the summer and while on holiday.

Clothing should be made of thick, closely woven material i.e. if you hold it up against the light, the light should not come through. Clothing is the most effective way to protect your skin. You can also consider buying protective (UPF) clothing from the following stores: sunveil.com, sunprotectiveclothing.com, puffingear.com and coolibar.com

Sunglasses should also used to protect your eyes. They should comply with Canadian standard.

3. Sunscreens:

Sunscreens or sunblocks can be applied to the skin to protect it from sun damage. They are safe in children over the age of 6 months. They are available in cream, lotion, spray and gel formulations. They should be applied to the areas of uncovered skin and be reapplied frequently after exercise or swimming.

What type of sunscreen should I use?

1. Sun Protection Factor (SPF) 30 or higher
2. It should be broad spectrum which covers both ultraviolet A and B (UVA and UVB)
3. Photostable (does not degrade readily in the sun)

How do I get vitamin D if I am not in the sun?

Most people have a low vitamin D in the winter and some also in the summer. You should consider taking vitamin supplement by mouth. 1000iu a day is the recommended dose for adults. Y.W.Wong Oct 2013 Version 1