

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

sunSMARTsummer

Now that it's warm outside and you're spending more time outdoors, it is time to think about the effect the sun can have on your body. The risk of skin cancer is much greater today than it was 20 years ago and it continues to increase. You are exposed to more ultraviolet (UV) rays now due to ozone depletion in our atmosphere. Long-term exposure to UV rays has been directly linked to several types of skin cancer. Read on to learn how to be sun smart this summer.

Did you know?

(Source: www.skincancerguide.ca)

- ✿ Vitamin D is known as the sunshine vitamin because 15 minutes of direct sun exposure on the face, back and forearm, twice a week, provides significant vitamin D.
- ✿ UV rays penetrate clouds, fog and haze. Water, sand, concrete and especially snow can reflect — and even increase — the sun's burning rays.
- ✿ At least two Canadians die from skin cancer every day.

How to choose SUNscreen

(Source: www.cancer.ca)

- ✿ Sunscreens are available with a sun protection factor (SPF) ranging from two to 60. The Canadian Dermatology Association (CDA) recommends using a SPF of 15 or higher.
- ✿ If you have light-coloured skin, eyes or hair, or if you tend to burn, choose a sunscreen with SPF 30 or higher. Use SPF 60 if you are prone to burning. SPF 60 is also recommended for small children.
- ✿ Ultraviolet A (UVA) and Ultraviolet B (UVB) are the two most common types of light radiation. Ensure your product offers both UVA and UVB protection (usually labelled broad-spectrum).
- ✿ Make sure your sunscreen is water-resistant.

SUNtips

(Source: www.cancer.ca)

- ✿ Wear sunscreen. Use sunscreen with an SPF of 15 or higher. Use SPF 30 if you will be outside for most of the day. Remember to put it on all exposed areas, including ears, neck and the tops of your feet.
- ✿ Wear sunglasses. Sunglasses can help prevent damage to your eyes by blocking a large amount of ultraviolet rays. Make sure your sunglasses provide UV protection.
- ✿ Don't forget your hat. Most skin cancers occur on the face and neck. Wear a hat with a wide brim that covers your head, face, ears and neck.
- ✿ Cover your arms and legs. Choose clothing that is loose fitting, tightly woven and lightweight, such as a long-sleeved T-shirt.
- ✿ Protect yourself particularly between 11 a.m. and 4 p.m. when the sun's rays are the strongest.
- ✿ Avoid using indoor tanning equipment. Just like the sun, tanning lights and sun lamps emit UV rays that can cause sunburn, damage skin and increase the risk of skin cancer.
- ✿ Check your skin regularly for changes in moles. Over time, exposure to UV rays can cause skin cancer. Changes in moles that may be associated with skin cancer include colour (darker, colours mixed together), size (grows larger), shape (asymmetrical), surface (raised, scaly) and sensation (itchy, painful). Get to know the skin you're in and report any changes to your doctor. Contact Health Services at 440.6326 if you have a mole you would like to have checked by a physician.
- ✿ Stay hydrated. Don't forget to drink at least two litres of water every day.