

Sun sense

Did you know ... the term “sunblock” is no longer used on sunscreen labels because no sunscreen can block all of the sun’s rays? These products are now referred to as mineral sunscreens, which often contain zinc or titanium that helps bounce the sun’s rays off the skin. You can also look for the term “broad spectrum” that indicates a level of protection offered from both UVA and UVB rays.

Sunscreens really aren’t waterproof either. Apply and reapply at least every 2 hours, but try to avoid being out in the sun for that long a period.

Remember, only broad spectrum physical and chemical sunscreens with an SPF value of 15 or higher can claim to reduce the risk of skin cancer and early skin aging. And that’s only if they’re used correctly and with other sun protection measures such as wide-brimmed hats (not baseball caps) and sunglasses.

Most people do not apply enough sunscreen. And many people forget about ears, backs of necks, nose, lips, and tops of feet (avoid wearing flip-flops).

