



## 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? You’ll now see 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 question why you’re out in the sun for that long a period of time anyway.

Remember, only broad spectrum 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.

Nobody ever applies enough sunscreen. And many people forget about ears, backs of necks, nose, lips, and tops of feet (avoid wearing flip-flops).

Source: University of Michigan Health System, Loyola University Medical Center