

SUNDAY MORNING

Health Corner

Sunscreen Tips

Melanin is the pigment that gives color to our skin, hair, and eyes. While melanin offers some protection from the sun, it's not enough to prevent skin cancer or other sun damage. This means everyone (yes, everyone) needs to use sunscreen every day.

- **Use** a broad-spectrum spray sunscreen with SPF (sun protection factor) of 30 or higher. Rub it in.
- **Try** mineral sunscreen on your face to avoid the masky white residue of chemical sunscreens.
- **Apply** about an ounce to cover your entire body, pay attention to often-overlooked areas like the feet, ears, neck, hands, and scalp.
- **Reapply** every two hours, or more frequently if you're swimming or sweating.

Daily use of sunscreen helps reduce risk of sun damage and hyper-pigmentation. Sunscreen use also helps prevent fine lines, loss of elasticity, and discoloration.



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