



Summer Safety

Test Your Sun Smarts



Oh, those hazy, lazy days of summer! While we enjoy our time outdoors, here's a quick quiz and the answers to keep you safe from the damaging rays of the sun.

1. A sunscreen product is considered safe if it prevents sunburn:
 - a. True
 - b. False
2. Effective sunscreen protects skin against both ultraviolet A (UVA) and ultraviolet B (UVB) rays.
 - a. True
 - b. False
3. According to new FDA guidelines, what is the minimum Sun Protection Factor (SPF) for sunscreen products to protect skin against all types of sun-induced damage?
 - a. SPF 15
 - b. SPF 15 with UVB protection
 - c. Broad Spectrum SPF 15
 - d. Broad Spectrum SPF 55
4. If I have a darker complexion, I don't need to use sunscreen.
 - a. True
 - b. False
5. If you stay in the sun all day you should apply an entire tube (6 oz.) of sunscreen throughout the day.
 - a. True
 - b. False
6. Aside from applying sunscreen, what can you do to protect yourself from the sun when you're outdoors?
 - a. Wear protective clothing, such as long sleeves, pants, wide-brimmed hats
 - b. Seek shade, especially between 10 am and 4 pm
 - c. Wear sunglasses with UV protection
 - d. All of the above
7. Which sunscreen label provides the most accurate description of its ability to protect your skin from the sun?
 - a. "Sunblock"
 - b. "Sweat proof"
 - c. "Waterproof"
 - d. None of the above
8. About 1 American dies of melanoma, the deadliest type of skin cancer every ...
 - a. Minute
 - b. Hour
 - c. Day
 - d. Week
9. In recent years, melanoma diagnoses have:
 - a. Increased
 - b. Remained about the same
 - c. Decreased greatly due to advances in modern medicine
 - d. Has become higher in women than in men
10. How do you treat sunburn?
 - a. Keep your skin cool, moist, and avoid any more exposure to the sun as your sunburn heals.
 - b. Rub moisturizers onto the affected area of skin, avoiding products ending in "-caine."
 - c. If pain persists, take acetaminophen or anti-inflammatory oral medications, like ibuprofen, but don't give aspirin to children or adolescents.
 - d. All of the above

Answers

- 1. False**

Sunscreen that prevents sunburn alone do not necessarily protect against the deep-penetrating ultraviolet A (UVA) rays that can cause damage to deeper layers of skin, which can lead to cancerous tissue growth and promote early aging.
- 2. True**

Protection against both types of UV rays are necessary. UVA rays penetrate into the thickest layer of skin, the dermis, and can weaken the immune system's ability to protect against skin cancer. UVA rays also promote premature aging of the skin. UVB rays reach only the surface layer of skin and are the primary cause of sunburn.
- 3. C—Broad Spectrum SPF 15**

New regulations from the FDA require sunscreen products that protect against all types of sun-induced skin damage to be labeled "broad spectrum" and "SPF 15" (preferably SPF 30 or higher). D is incorrect because there is no evidence for additional benefits of using products with SPF values over 50.
- 4. False**

Even though people with light complexions are at highest risk for skin cancer, people with darker complexions are still at risk. Melanin is a pigment found in the top layers of the skin—the higher the amount of melanin, the darker the skin's tone. Even though higher amounts of melanin offer some protection from sun-induced skin damage, it doesn't fully protect against sunburn or skin cancer. Wearing broad-spectrum sunscreen, going for shade, and wearing protective clothing during peak burning hours can help lower anyone's risk.
- 5. True**

"Most people apply only 25 to 50 percent of the recommended amount of sunscreen," reports the American Academy of Dermatology. Users are advised to put on an ounce of sunscreen 30 minutes prior to going outdoors and reapply this same amount about every two hours while exposed to the sun. Don't wait until you start to burn!
- 6. D - All of the Above**

Merely applying sunscreen is not enough! All of these skin protection methods are necessary to keep your skin and eyes safe. For example, clothing provides an SPF less than 15, according to the Centers for Disease Control and Prevention (CDC). Wide-brimmed hats can shield your face and your eyes, while sunglasses offer much needed protection for the eyes.
- 7. D- None of the Above**

According to the FDA, sunscreens can only "resist water" or "screen" the sun's rays, not block them.
- 8. B—Hour**

Melanoma kills a person every hour in the United States. In fact, according to the National Cancer Institute, it's estimated that 6,850 people will die of melanoma in 2020.
- 9. A—Increased**

While death rates from skin cancer have declined in recent years, the number of people diagnosed with melanoma continues to rise. According to the CDC, the incidence of melanoma has doubled during the past three decades. Over 100,000 Americans are expected to be diagnosed with melanoma in 2020.
- 10. D—All of the Above**

All of these options promote the slow healing process of sunburn. Remember don't give children or adolescents aspirin, because of the risk of Reyes Syndrome. Also, avoid creams and lotions with ingredients ending in "-caine," such as benzocaine or lidocaine. Such products have the potential to irritate the skin further. They may also cause rare, but serious, medical complications, especially for children and adolescents.

The best thing to do is allow your skin to heal on its own and at its own pace. According to the American Academy of Dermatology, it is essential to keep skin that is recovering out of the sun, especially if your outer layer of skin is peeling or has peeled off. Contact your healthcare provider if you have any complications like extreme blistering or signs of an infection.