



## Sun Facts

### MYTH

Tan skin is healthy skin.

### FACT

When your skin is exposed to UV light it responds by producing melanin. As your skin darkens it is attempting to protect you from UV light. Tanned skin is damaged skin. Damaged skin gets more wrinkles and spots and is at risk for getting skin cancer.

### MYTH

A tan protects your skin from getting burned.

### FACT

A dark tan gives about the same protection as sunscreen with an SPF of 2.

### MYTH

Getting older, not sun exposure is the major cause of wrinkled skin.

### FACT

Exposure to ultraviolet rays from the sun damages our skin (not age) and causes premature aging and wrinkling. Older skin will get a few small wrinkles but serious wrinkles are caused from UV rays.

### MYTH

You can only get skin cancer when you are older.

### FACT

Melanoma is the most common cancer among people 25-29 years old and has been diagnosed in teens.

### MYTH

You can only get a sunburn when it is hot out.

### FACT

The intensity of ultraviolet rays and the outside temperature are unrelated. The UV Index is the best indicator of the intensity of UV and not temperature. This is a common misconception in our area where we only protect in the warmest weather.

### **MYTH**

Dark skinned people do not burn.

### **FACT**

In darker skinned races, the amount of natural pigment in the skin is greater, so cells are constantly protected from UV radiation. But, darker skinned people still get skin damage from UV rays and skin cancer.

### **MYTH**

You cannot get a sunburn on a cloudy day.

### **FACT**

While ultraviolet radiation does tend to be less intense on cloudy days, our weather quickly changes and burns often occur on overcast or partly cloudy days

### **MYTH**

You do not have to be concerned about protecting your eyes from the sun.

### **FACT**

Excessive exposure to UV rays is one of the risk factors for cataracts. Cataracts are one of the leading causes of reduced vision in the U.S.

### **MYTH**

You don't have to worry about sun exposure unless you live somewhere that is hot and sunny.

### **FACT**

We live in an area with abundant sunshine. Rates of skin cancers in VT and NH have tripled in the past twenty years.

### **MYTH**

You don't have to reapply waterproof sunscreen.

### **FACT**

If you swim, sweat or rub your skin with a towel you decrease your sunscreen's effectiveness. Reapply all sunscreens every two hours. Also, the ingredients in all sunscreens stop working after a couple hours.