



Let the sun shine...

*If you are as old as I am you remember that song. You'll also remember that no one gave a hoot about the damaging effects of the sun; we just wanted a killer tan! For that matter, there really wasn't as much information available warning us about the sun's harmful rays and what it could do to our skin. We slathered ourselves with oil and fried on the beach and we have the wrinkles to prove it! **Statistics show that the incidence of skin cancer has dramatically increased in the past fifty years.***

***Fortunately**, our children have been better protected from the sun and will not experience the consequences associated with overexposure. If parents continue to encourage their children to follow some "sun sense" rules they will be much healthier for it. Please take a moment to read the following recommendations from the American Academy of Dermatology:*

- Use a *waterproof* sunscreen with the SPF # that's right for you. Waterproof sunscreens offer protection for at least 80 minutes in the water. But put on more if you've spent a long time in the water or if you have perspired a lot.
- Loose-fitting, light colored clothes give the best sun protection.
- Try to stay out of the sun between 10 in the morning and 3 in the afternoon. That's when the sun's rays are most intense.
- Watch out for reflected sunlight. The rays that bounce off sand, cement, water and snow can still burn you.
- Be extra careful of the sun in the mountains. The sun's rays get 4-5% stronger for every 1000 feet you go above sea level.