

Delta Gamma Well Aware

Encompasses eight dimensions: Social, Spiritual, Physical, Emotional, Vocational, Intellectual, Financial and Leadership Development

Sunscreen – Protect Yourself!

As women in the 21st century, we KNOW how important it is to use sunscreen every day. Why then, are over one million cases of skin cancer reported annually in the United States when so many of them are preventable? Why do we spend billions of dollars annually on beauty products promising to “reverse the signs of sun damage” and restore a youthful appearance? It is never too late to commit to using sunscreen!



Sun damage can/will cause:

- ☀ Skin cancer
- ☀ Sun-induced lesions called actinic (or solar) keratoses which can become squamous cell cancer
- ☀ A breakdown in connective tissue resulting in wrinkled, leathery skin
- ☀ Irregular pigmentation

Protect Yourself with Sunscreen

The easiest way to use sunscreen is to choose a daily moisturizer containing at least SPF 15.

Ingredients

- ☀ Look for sunscreens containing titanium dioxide, zinc oxide or avobenzone (Parsol 1789) which protect against both UVA and UVB rays.
- ☀ Mexoryl, available in Canada and Europe, is another excellent broad spectrum sunscreen ingredient but it is not yet available in the United States.





Application Guidelines

- ⚙ One, 4-ounce tube of sunscreen contains only enough for four applications for an average-size adult in an average-size swimsuit.
- ⚙ SPF (sun protective factor) mainly means UVB protection. It comes in all different types of numbers, ranging from two through 60.
- ⚙ An SPF of 15 means that if it takes 10 minutes for a person to get a sunburn, the SPF allows that person to spend 15 times longer before they get that sunburn.
- ⚙ While SPF 15 is the recommended minimum, it is not a license to go out and sit 15 times as long in the sun.
- ⚙ Sunscreen should be applied 20 to 30 minutes before sun exposure to allow the ingredients to bind with the skin.
- ⚙ Sunscreen should be reapplied every three hours if you are outside for a prolonged period of time.
- ⚙ Sunscreen should be reapplied after swimming or profuse sweating, even if it claims to be waterproof.

Ultraviolet A (UVA) Light

- ⚙ Plays a large role in causing wrinkling and skin cancer

Ultraviolet B (UVB) Light

- ⚙ Primarily responsible for tanning and burning
- ⚙ Sunscreens primarily absorb UVB radiation and SPF ratings pertain only to UVB

Sunscreen should always be part, but only one part, of a smart approach to preventing sun damage and skin cancer.

Wellness Resources

Self Healing, June 2006

UC, Berkeley Wellness Letter, June 2006

Center for Disease Control and Prevention, www.cdc.gov

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