

# My Skin and the Sun

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When we're outdoors, we know we should protect our skin from the sun and its harmful rays. Of course that doesn't mean you'll spend your summer in your room when there are so many funny things to do outdoors. Besides, not everything related with the sun is bad, the solar light helps our body with the production of D vitamin. Don't exaggerate; 5 minutes of solar exposition are enough.

You can follow these advices to avoid the fotoaging on your skin:

- **Use** a sunblock with a solar protection factor (SPF) of 15 as a minimum, even if it's cloudy or if you're planning to go outdoors for just a while. If you get wet, swimming in a pool or at the beach for example, repeat the application of your sunblock every two or three hours (it doesn't matter if it's "water resistant").
- **Choose** a solar protection cream which is able to retain the UVA rays as well as UVB. Look for "wide spectrum" protection or UVA protection with at least 15 SPF. Prefer a "non comedogenic" solar cream to maintain your skin's pores clean.
- **The solar rays** are stronger between 10 am and 4 pm, thus during these hours repeat the application of your sunblock frequently and if it's possible, shelter yourself from the sun. When your shadow is bigger than you, your exposition to the sun is safer. (You have to use a sunblock anyways).
- **Use** a stronger solar protection factor when you're near any reflectant surfaces like water.
- **We** all have heard of skin lesions caused by the sun, but did you know it can also cause ocular problems? Protect your face and eyes with peaked cap or a hat and wear sunglasses with 100% UV protection.
- **Some meds** like the ones prescribed for acne treatment and anovulatories (anticonceptive pills) increase the sensibility of your skin to the sun hence you should increase your solar protection too.
- **The tanning** of your skin might be eye-catching but it's not healthy for your skin. Don't use the tanning beds under any circumstances, avoid a natural tan as well as a tanning substances, because you will be harming your skin with ultraviolet radiation. That is the cause of the premature aging of the skin and can also increase your risk of having a skin cancer.

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