

OUR HEALTH MATTERS

Welcome to 'Our Health Matters', a section of the Capital Health This Week aimed at promoting health. Each month you will read of a new focus for your own health. Each month you may also be challenged to think about how you are doing in that area.

Summer Sun Safety

Provided by Maureen McVicar, Physiotherapist, Cardiovascular & Pulmonary Health in Motion Program, Capital Health (adapted from the Canadian Cancer Society)

This summer (and year-round) practice sun safety and take steps to protect your skin from the harmful effects of the sun and ultraviolet (UV) radiation. Skin cancer is the most common form of cancer in Canada. Exposure to ultraviolet radiation from the sun or artificial tanning equipment increases one's risk of developing skin cancer.

Follow these SUNSense guidelines to help protect yourself from the sun:

- Reduce sun exposure between 11am and 4pm or when the UV index is 3 or more
- Enjoy places that include options for shade; in more open areas bring an umbrella to shade yourself
- Slip on lightweight, loose-fitting, tightly woven clothing to cover your arms and legs
- Use a wide-brimmed hat that covers your head, face, ears and neck Hats without a wide brim, such as baseball hats, do not offer enough protection
- Wear sunglasses with UVA and UVB protection
- Use sunscreen with SPF15 or higher
- Use sunscreen generously and follow the label's instructions regarding reapplication

The above information has been adapted using information from the Canadian Cancer Society's campaign for National Sun Awareness week (June7-13). For more information about sun safety and cancer prevention, please go to [being safe in the sun](#).