

- Importance Of Sunscreen

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Most of us know that wearing sunscreen is important to prevent sunburn and skin damage, but it is especially needed in the summer. As the time when the sun is most often out, this preventive health measure should be taken by everyone.

Without wearing sunscreen, the harsh sun can have adverse effects on the skin. Ultraviolet rays from the sun is the main cause of skin cancer but wearing sunscreen can decrease risks. The people commonly use sunscreen to avoid sunburn, the unpleasant red and burnt skin. Although some individuals may not burn as easily as others, sunscreen is still important for all skin types because damage occurs over a long period of time. Sunscreen also keeps individuals looking young by slowing down the development of wrinkles and leathery skin, since the number-one cause of premature aging of the face is UV exposure. Not only that, but sunscreen also keeps skin tone even since it prevents facial brown spots and skin discolorations.

Because the days are longer, the sun is stronger, and it's easier to spend more time outdoors, it is even more important to wear the best possible sunscreen. Sunscreen with "broad-spectrum" protection protects the skin against both UVA, causes skin cancer and premature aging, and UBA, the main cause of sunburn, rays. It's important to choose a sunscreen with a sun protection factor (SPF) of at least 30. The SPF number is the level of protection the sunscreen provides. Higher SPF numbers mean more protection, but no sunscreen protects you completely. Regardless, sunscreen is a necessity during summer.