



## Can sun exposure damage my skin?

UV light damages elastin, a type of fiber in our skin. When elastin breaks down, skin begins to sag, stretch, and lose its ability to go back into place after stretching. Skin bruises and tears more easily, and it takes longer to heal.

Exposure to the sun causes freckles, discoloration, sallowness, and “telangiectasias,” the dilation of small blood vessels under the skin.

### **Other health effects:**

**Excess exposure to the sun also increases your risk for skin cancer. Skin cancer is often preventable, and is the most prevalent form of all cancers in the U.S.**

## What can I do?

- Apply sunscreen with an SPF 15 or more 30 minutes before sun exposure.
- Select skin products and contact lenses that offer UV protection.
- Wear sunglasses with total UVA and UVB protection
- Avoid direct sun exposure during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.

Source: [www.webmd.com](http://www.webmd.com)



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