



## Myths and Realities: Debunking Common Beliefs about Sunscreen and Sun Exposure

With the arrival of summer, our time spent outdoors increases, and with it, exposure to the sun's ultraviolet (UV) rays. While sunlight is essential for vitamin D production and has several health benefits, overexposure can be harmful and increase the risk of skin cancer. There are many beliefs and myths about sunscreen and sun exposure. In this blog, we debunk some of the most common ones and provide you with evidence-based information to enjoy the sun safely.

### **Myth 1: If it's cloudy, I don't need sunscreen.**

Reality: Up to 80% of the sun's UV rays can penetrate clouds. Therefore, it's possible to get sunburned even on cloudy days. It is important to apply sunscreen every day, regardless of the weather.

### **Myth 2: If I use sunscreen, I won't get enough vitamin D.**

Reality: While sunscreen can reduce the production of vitamin D in the skin, it does not completely block the body's ability to produce this vitamin. Additionally, you can obtain vitamin D through food and supplements without increasing your risk of skin cancer.

### **Myth 3: People with dark skin don't need sunscreen.**

Reality: Although people with darker skin have more melanin, which provides some protection against UV rays, they can still suffer skin damage and develop skin cancer. Everyone, regardless of skin tone, should use sunscreen.

### **Myth 4: Sunscreen is only necessary at the beach.**

Reality: UV exposure can occur anywhere outdoors, not just at the beach. It is important to use sunscreen when engaging in outdoor activities, such as walking the dog, playing sports, or gardening.

### **Tips for Effective Sun Protection**

- Choose the Right Sunscreen: Look for a broad-spectrum sunscreen with an SPF of at least 30.
- Apply Enough: Use approximately one ounce (about a tablespoon) to cover your entire body.
- Apply in Advance: Apply sunscreen at least 15 minutes before going out in the sun.
- Don't Forget Hard-to-Reach Areas: Make sure to protect areas like your ears, neck, the back of your hands, and feet.

- Reapply Often: \*\* Reapply every two hours and after swimming, sweating, or drying off with a towel.

Sun protection is essential to prevent skin damage and reduce the risk of skin cancer. Debunking these common beliefs helps us adopt safer and more effective practices to enjoy the sun responsibly. Remember, prevention is key, and using sunscreen along with other protective measures can keep your skin healthy all year round. Enjoy the summer safely!