

PRACTICE SAFE SUNSHINE

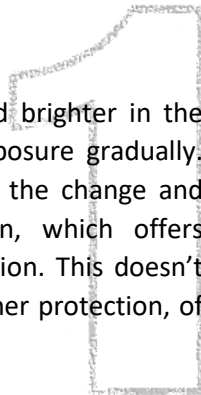
Help Your Skin Survive Summer



The summer sunshine may feel good, but it can be hard on your skin. It begins to cause damage as soon as it touches your skin – even if you don't see evidence of it right away. When it comes to sun protection, sunscreen, sunglasses, and big hats are great, but what else can you do to safeguard your skin?

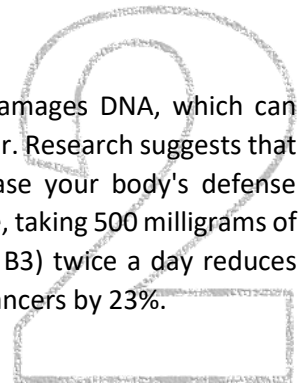
BUILD SUN EXPOSURE SLOWLY

As the sun begins to shine longer and brighter in the spring and summer, build up your exposure gradually. This gives your skin time to adjust to the change and respond by producing more melanin, which offers increased levels of natural sun protection. This doesn't replace the need for sunscreen and other protection, of course!



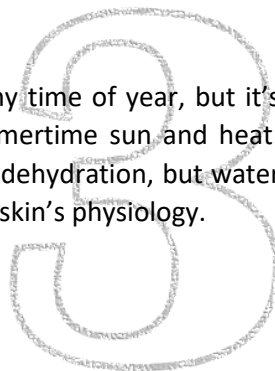
CONSIDER SUPPLEMENTS

We know that sun exposure damages DNA, which can lead to skin aging and skin cancer. Research suggests that certain supplements can increase your body's defense against UV damage. For instance, taking 500 milligrams of niacinamide (a form of vitamin B3) twice a day reduces the risk of nonmelanoma skin cancers by 23%.



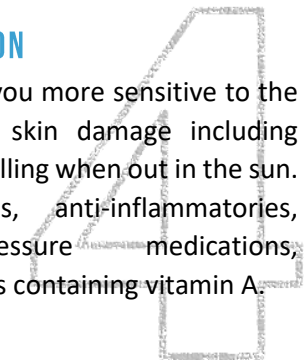
STAY HYDRATED

Proper hydration is important any time of year, but it's especially important in the summertime sun and heat. You need to drink up to prevent dehydration, but water also has a positive effect on your skin's physiology.



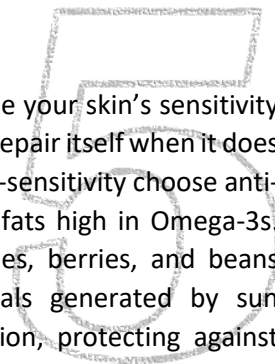
BE CAREFUL WITH MEDICATION

Certain medications can make you more sensitive to the sun. They can cause serious skin damage including sunburn, blisters, rashes, or swelling when out in the sun. Examples include antibiotics, anti-inflammatories, antifungals, blood pressure medications, chemotherapies, and acne drugs containing vitamin A.



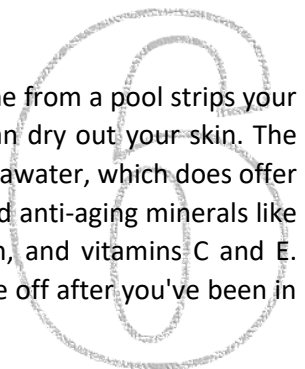
EAT YOUR SUNSCREEN

Your diet can increase or decrease your skin's sensitivity to UV rays, as well as its ability to repair itself when it does get damaged. To reduce your sun-sensitivity choose anti-inflammatory foods like healthy fats high in Omega-3s. Antioxidant-rich foods like veggies, berries, and beans may help neutralize free radicals generated by sun exposure and reduce inflammation, protecting against skin cancer.



MIND THE WATER

Salt water and especially chlorine from a pool strips your skin of its natural oils, which can dry out your skin. The pool is a bigger problem than seawater, which does offer some beneficial skin-friendly and anti-aging minerals like magnesium, calcium, potassium, and vitamins C and E. Either way, do your best to rinse off after you've been in the water to cleanse your skin.



Sources: www.nejm.org/doi/full/10.1056/nejmoa1506197 | <https://dermatology.ca/public-patients/sun-protection/sun-safety-every-day> | Images by Freepik