

How to Protect Skin-Part V

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So who exactly are those in the threat of having skin cancer? People who have already experienced three or more bad cases of sunburn before reaching the age of twenty and regular sunbathers who always crave for an instant tan have greater risks of acquiring the dreaded skin disease known as melanoma. Cricketers, farmers, golf players and others, who have long exposure to the sun, have more tendencies to have milder forms of skin cancer.

So after learning how the body reacts to sunlight here is some information on how to prevent its harmful effect.

Ironically, studies on skin care show that Vitamin D, with the help of sunlight exposure, is what can help the body combat skin cancer.

So how does one go out in the open without the paranoia of cancer haunting him? Dermatologists suggest the use of sunscreens.

Researches showed that exposure to sunlight sans sunscreen should be less than 10 to 15 minutes at noon, while the sun is at its strongest. Using a sunscreen with an SPF or sun protection of 15 or higher is recommended. People with sensitive skin and the older adults should use an SPF of 30 or stronger because their skin tends to burn more easily. People with allergies or sensitive skin should also take note of the ingredients and choose those that are free of chemicals, dyes, preservatives, and alcohol. (Here's where you can find more detailed information on skin care and skin lightening cream.)

If sun exposure will be particularly high, using a stronger sunscreen like zinc or titanium oxide is the better option, as it will completely stop sunlight from reaching the skin. Sunscreen application should be about half an hour before getting exposed into the sun and reapplication should be done every few hours. And when going swimming, one should know that 98 percent of the sun's rays can pass through water, so without some kind of "water-resistant" sun screen and frequent applications, sunburn might be inevitable.

The skin is meant to protect and shield one from the threats of the environment so unless one properly cares for it, it won't do its job that well.

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