

# August -Protect Your Skin!

Did you know the skin is considered the largest organ in the human body?

With the hot days of summer upon us we are generally spending more time outdoors. Protecting your skin is essential to help prevent skin cancer, wrinkles, age spots and other skin problems. Learn how to protect yourself, stay healthy and look great!



## Sunscreen! Sunscreen! Sunscreen!

The Mayo Clinic recommends broad-spectrum sunscreen with an SPF of at least 15. Apply generously and reapply every of couple hours.

If you do get sunburn, try aloe or Greek yogurt. The lactic acid in the yogurt works to remove dead skin.



**Wear Sunglasses!** - Don't take the sun lightly, over time, the sun's rays can seriously damage the eyes and surrounding skin, leading to vision loss and conditions from cataracts and macular degeneration to eye and eyelid cancers. Polarized lenses will eliminate glare while driving, being out in the sun or on the water can help you avoid fatigue, headaches and even migraines. They should block 99-100 % of both UVA and UVB light.

**Keep it Covered!** - Wear protective clothing to minimize exposure to the sun. Hats can block as much as half of all UVB rays.

**Seek the Shade!** - Avoid the sun between 10 a.m. and 2 p.m., when the sun's rays are strongest.

**Drink Plenty of H<sup>2</sup>O** - You've probably heard this many times before but it still has to be mentioned. The easiest way to keep you skin healthy is to keep your body hydrated from the inside. Aim for drinking half your body weight in ounces of water a day. (If you weigh 120lbs., drink 60 oz.)

**Don't Smoke!** - Smoking makes your skin look older and contributes to wrinkles. Smoking will narrow the tiny blood vessels in the outermost layers of skin, which decrease blood flow. This depletes the skin of oxygen and nutrients.

**Eat Healthy!** - Eat plenty of fruits, vegetables, whole grains and lean proteins. The association between diet and acne isn't clear but some research suggests that a diet rich in vitamin C and low in unhealthy fats and processed or refined carbohydrates might promote younger looking skin.