

Wyandotte News

Live Well Newsletter

Keep Your Skin Safe All Summer Long

Summer has arrived, and so have picnics, barbecues and other outdoor activities. It's important to remember that our skin is especially vulnerable to sun damage in the early weeks of the season. Sunscreen is the best defense against this damage, but it's important to use the appropriate level of protection and to regularly reapply when out in the sun for prolonged periods of time.



"This time of year, people's skin is not used to the sun," said Dr. Sami Abbasi, a dermatologist with the Downriver Dermatology Center. "When someone is exposed to the sun for as little as one to two hours, the sun can do damage."

Dr. Abbasi recommends the following tips to remember:

- Sunscreens only last for two to three hours before becoming ineffective, so remember to reapply when you're outside for an extended period of time.
- Hats and umbrellas also can provide protection from the sun's ultraviolet rays. But, remember to use sunscreen for the areas that aren't covered by your clothing.
- Use a sun protection factor (SPF) of 30. Lotions with an SPF higher than 30 show little additional benefit. Remember to apply lotion to hard-to-see areas like the tops of your ears.
- Sunscreen is recommended for children ages 6 months and older. Children younger than 6 months should be protected from any prolonged sun exposure.
- When swimming, use waterproof sunscreen. Regular sunscreen is quickly washed away, so once you get out of the water, remember to reapply. Even waterproof sunscreen should be reapplied every two to three hours.

Even in the Michigan sun, severe burns and skin cancer can occur without adequate protection. Check your skin for any new or existing moles that bleed, are black in color or change shape. To make an appointment with a Henry Ford Wyandotte Hospital dermatologist for a skin screening, call (800) WYAN-DOC.