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The Importance of Skin Safety

As summer has passed, it's really key to talk about skin safety. Our skin is such an essential part of our body because it protects against infection, provides sensory perception, produces vitamin D, regulates body temperature, and can indicate overall health. Many teens or young adults believe that many hours in the sun without protection is a risk they are willing to take. However, the consequences of unprotected sun exposure can appear as we age, including an increased risk of skin cancer. This does not mean we need to stay away from the sun completely because our bodies need some sun exposure to help produce vitamin D, which is essential for maintaining strong and healthy bones. However, unprotected exposure to the sun can cause damage to the skin, eyes, and immune systems. Over time, these effects can lead to serious health conditions that may require extensive treatment and management. Repeated exposure to the Ultraviolet (UV) radiation can damage the skin over time. Melanin is a pigment that helps protect the skin from sun damage, but it does not provide complete protection against UV radiation. A common and widely recommended way to protect your skin is by applying broad spectrum sunscreen, wearing protective clothing, and avoiding tanning beds. Additionally, do not forget to protect your lips by using a lip balm with SPF. Overall, protecting our skin is an important health practice that should continue to be discussed and reinforced through education. By developing healthy habits and understanding the risk of UV exposure, we can take steps to protect our skin and maintain our health as we age.

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