

## Surfboard

- Rentals
- Repair
- Lessons



## Bike/Beach Cruisers

- Rentals
- Repairs

# Nichols Surf Shop

411 Flagler Avenue | New Smyrna Beach, Florida | 386-427-5050

(To print this page, click "file" then click "print" or click the printer icon on the tool bar (top left) →



## Sun Protection

There's no denying that sunshine can make you feel good. People tend to be more cheerful on sunny days.

You're never too young or too old to be harmed by the sun. This may sound strange to you, because without the sun's warming rays, life on earth could not exist. But the sun is both friend and foe. It is responsible for more than 90% of skin cancers, now occurring at the epidemic rate of 700,000 new cases a year in the United States.

Sun protection is a vital part of your physical fitness program. To a large extent, the firmness and health of your skin depends on how well you follow sun-protective techniques throughout your life.

Melanoma strikes about 40,300 Americans every year, and kills more than 7,000 including nearly 500 in Florida. Sun exposure is the main cause, and the most at risk are people who experienced sunburns as a child (1 sunburn being the minimum).

Start the day by applying a broad spectrum sunscreen that protects from both types of ultraviolet rays, A and B. Use a sunscreen with a sun protection factor (SPF) of 15 or higher.

Reapply sunscreen every two hours when outdoors, even if you are using a "waterproof" sunscreen.

Use enough sunscreen; "You need close to a tablespoon per limb and you really have to slather it on and rub it in", said Margaret Tucker of the National Cancer Institute.

To avoid developing allergies to sunscreens, New York University dermatologist Robert Friedman advises avoiding products that contain para-amino benzoic acid (PABA). Products that may also cause problems contain benzophenones. Use sun blocks containing zinc oxide, talc or titanium dioxide.

**Wear a Hat.** Best choices are closely woven hats with 4-inch wide brims

**Wear sunglasses.** Look for glasses that shield between 90-100% of UV light.

The sun's rays can harm the inner structure of the unprotected eye, causing cataracts. The sun's rays are more intense when they bounce off of sand, water, snow, concrete and other reflective surfaces. What's more, you're not free from solar exposure on overcast days, since 70-80% of the ultraviolet rays pass right through clouds and haze.

No one is immune to the sun's harmful rays. The greatest risk is for individuals who have fair skin that burns but doesn't tan, freckles, blond, red or light brown hair, and blue, green or gray eyes.

Use a little protection and a lot of precaution. Following a lifetime sun fitness program will help you enjoy the outdoors while keeping your skin healthy throughout the years.

Most people believe that clothing is the most effective sunscreen – and most people are wrong.

Now matter how good a sunscreen is in a laboratory, it has to pass the test under the sun, and to pass that test, it has to stay on your skin and not wash off into the atmosphere which is a real challenge in Florida.

Most products now eschew the use of the once popular PABA as the primary guardian against the twin demons of UVA & UVB and make a point of claiming they are PABA-free. While PABA is an effective sunscreen, up to 20% of the population may be allergic to it.

It is important to verify that your sunscreen is broad spectrum, affording protection against both UVA & UVB. The pain comes from UVB, the rays that actually cause sunburn. But the real menace is UVA, the insidious rays that not only cause cancer, but lead to aging and wrinkling of the skin.

Exposure to ultraviolet radiation is a cumulative risk – it all counts, and the more rays you bag in your youth, the greater your danger of contracting skin cancer later in life.

In regard to your children's sun habits, insist on application of quality sunscreens every time they go out to play. Instill sun management habits at an early age.

There are three basic types of skin cancer about which we should be concerned. Basal cell carcinomas are manifested as rough, scratchy areas on exposed areas of the skin. One step up the danger scale from basal cell is squamous carcinomas. These bad boys will have a hard feel to them "almost like a horn". They are more aggressive than basal cells, particularly on the lips. The words you don't want to hear are "malignant melanoma". If someone in your family has suffered from melanoma, your own risk is greater. Melanoma strikes the young and is now the most common cancer affecting women between the ages of 25 and 30.

Fortunately, thanks to innovative advances in sunscreens, there's no need to push the panic button.

**Just use an effective sunscreen!**

Sources:

*Associated Press* article;

July 5, 1997

*L.A. Times/Washington Post News Service*; 1997

The Skin Cancer Foundation; 1993

Florida Sports; June 1997