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MEDCHI SHARES SAFETY TIPS AHEAD OF NATIONAL SUNSCREEN DAY

BALTIMORE - May 24, 2024 – National Sunscreen Day takes place on May 27 and coincides with Skin Cancer Awareness Month. National Sunscreen Day is a great time to serve as a reminder to rub and absorb your sun lotion, cream, or spray before enjoying the warmth and light of summer. Sunburn can increase your risk of skin cancer, so it is imperative that people recognize how important it is to wear sunscreen and that the higher the sun protection factor (SPF) in your product, the better. People may feel this is something that they only need to concern themselves with when they go on vacation, but this is not the case. Even when the weather is cold outside, the sun is still shining so it can always cause damage. This is why it is vital to make wearing sunscreen part of your daily routine.

If you protect yourself and use sunscreen correctly, you need to make sure that you understand SPF and star ratings. SPF stands for sun protection factor and is a measure of the amount of ultraviolet B (UVB) radiation protection that you will get from the product in question. SPFs are rated on a scale of two to 50+, with the latter offering the strongest level of protection. For the amount of ultraviolet A (UVA) radiation protection that sunscreen offers, you need to look at the star rating. The more stars, the better protection. These are two of the most critical factors that need to be considered when purchasing sunscreen.

Skin cancer is the most common type of cancer in the United States and many skin cancers could be prevented if people would protect their skin from the sun and stop using tanning beds. While broad-spectrum sunscreens are important in helping to prevent skin cancers, protective clothing and sun avoidance during peak hours, are also key to reducing rates of skin cancers. People of all skin tones can develop skin cancer. By checking your skin, you can find signs early and when found early, skin cancer is highly treatable.

About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. It is the largest physician organization in Maryland. The mission of MedChi is to serve as Maryland foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit www.medchi.org.