

takes 30 times longer to burn. And if used properly, sunscreen does just that — prevents burning and as a side benefit it also reduces your risk of skin cancer.

“The higher the number the better,” says Dr. Young.

The key is proper use. Unfortunately the majority of people do not use enough sunscreen. According to Dr. Young said, one report stated that people use only about a fourth of what they should.

It is recommended you use a shot glass amount — that is about the amount of an adult handful — to cover your face, neck, arms and hands.

“There isn’t a person alive that uses that much sunscreen,” Dr. Young said. “So if you put on a 30 the way most people put on sunscreen, you are only getting about an 8 to 10.”

The proper way to apply sunscreen to your face is to dab it on your face and then blend it in — DO NOT put sunscreen in your hand, rub hands together and rub onto face. The majority of the sunscreen will stay in your hands — that’s not what you want.

Dr. Young offers these common sunscreen errors:

1. not putting it on at all
2. not using enough
3. not applying correctly
4. not reapplying — if you are swimming or sweating you are suppose to reapply every 2-3 hours.

Many women may notice that their make-up has a sunscreen in it. But don’t take it as prevention.

According to Dr. Young, make-up manufacturers often use a different sunscreen scale than pharmaceutical companies. So you are probably only getting an 8 to 15 in your make-up.

“I wouldn’t send my wife out with an 8. I wouldn’t send someone out that I detest with an 8. I would want them to have the best level of sun protection they can have,” says Dr. Young.

So what does Dr. Young recommend?

First apply a regular sunscreen to your face — the proper way, allow it to dry and then apply your make-up.

“To rely solely on the sunscreen in your makeup is reckless.”

Your clothing can also be a protective measure.

“Now if you’re in and out of the sun, sunscreen is fine. But if you’re out longer than half and hour you better wear protective clothing,” says Dr. Young.

According to the Skin Cancer Foundation, the best clothing for sun protection is tightly-woven fabric and dark. A good test they suggest is to hold that shirt up to the light — if you can see through it then the ultraviolet rays can get through and burn your skin.

There are manufacturers that make sun protection clothing now.

According to skincare-md.com, new standards were established in 2001 for sun protective fabrics. “Only clothes with a UPF of 15-50+ may be labeled as sun protective.” This type of clothing is designed, according to the web site to cover as much skin but still be lightweight and comfortable.

There is also a rinse you can add to your laundry now to help make your clothes more sun opaque. The Skin Cancer Foundation says the laundry additive Dr. Young refers to is called Sun Guard. When added to your detergent, it increases the UPF of the clothing and it last through 20 washings.

Just because you have a lot of moles on your body doesn’t mean you’re going to get skin cancer. Dr. Young says most people spend the first 35-40 years of your life getting moles, and during the last 35-40 years the moles go away. But it is important to always be aware of your body and it’s changes.

“The only change acceptable to me is it (a mole) going away.”

The majority of moles people have are stable and won’t cause any problems. It’s the ones that are changing or new ones that you have to watch.

Here are the ABCDE’s that Dr. young recommends people use when checking out their skin:

- A - Asymmetry
- B - Border, irregular
- C - Color, irregular
- D - Diameter greater than 6 mm
- E - Evolving

If you notice moles that have any of these you should contact your doctor or a dermatologist right away. It is better to be safe and have them tell it’s nothing, than run the risk of skin cancer.

“The vast majority of melanomas don’t arise from a mole. They arise from healthy skin,” adds Dr. Young.

So to put it simply — Be aware of your body. Be aware of the sun. And use that sunscreen.

■ by Heidi Henson

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Our house is a home full of laughter and fun, neighbors and friends who love life and live it to the fullest.

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Our house is a place to feel secure, where health professionals are always around for support.

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