

PARISH NURSE'S NOTES FOR JULY 2021

July Is National UV Safety Awareness Month

Summer is here and the sun is shining bright! We all love to soak up the warm summer sun, but it is important to remember the damaging effects it can have on our skin and eyes. Less than half of older adults protect their skin from sun exposure when outside for more than an hour on a sunny day. By learning the risks associated with too much sun exposure and taking the right precautions, you can enjoy the sun safely!

Sun Prevention Tips for Seniors

It's summertime! The UV rays are strong and the weather is hot! It is important to take precautionary measures to protect your skin from the sun. Exposure to the sun can lead to sunburn, skin aging, eye damage, and cancer. Skin cancer is the most common form of cancer in the United States. Everyone can be affected by the sun. Senior Helpers is here to remind you of measures you can take to stay safe from the sun!

To start, there are no safe UV rays and the strength of the rays reaching the ground depends on numerous factors. Some of these factors are the time of day, the reflection of rays off surfaces, cloud coverage, the season of the year, altitude, and distance from the equator. The longer your skin is exposed to the sun, the more damage there will be. A pattern of exposure can be more damaging; if you have a history of frequent sunburns, your skin might be more susceptible to damage and certain types of skin cancer.

How to protect yourself:

Wear sunscreen every day! Most people think it is okay to only apply sun protection when they go to the beach or spend time outside on a hot day. Sun exposure can occur at anytime and anywhere. Make applying sunscreen a part of your daily skin routine.

The Sun & Your Eyes

No matter your age, the time of year or location, focus on safety by protecting your eyes from the sun every time you go outside.

In much the same way that it damages your skin, [UV radiation](#) (both UVA and UVB) from the sun and tanning beds reaches you by invisible wavelengths, producing DNA changes that can lead to skin cancers on the eyelids and premature aging of the delicate skin around your eyes

5 Best Sun Safety Apps for Monitoring UV Index

If you spend time outside during any season, it's important to know when your skin is most at risk for sun damage. New smartphone tools can provide detailed predictions on what times of day are most dangerous to be outside, based on the UV index. A scale from zero (least dangerous) to 11 (most dangerous), UV index is calculated by accounting for sunlight angle, forecasted cloud cover, elevation, and ozone throughout the day.

Reference from Senior Helpers

Instagram page @SrHelpersNatl