

Protect your skin this Summer!

When exposed to UV rays released from the sun, the skin produces melanin, a substance that protects us from the sun and gives our skin its color. However, when we come in contact with too many UV rays the body can't produce enough melanin to protect the skin. It normally takes a few hours for a sunburn to actually become visible, so we may be in the red even before the burn even appears.

But it goes beyond red skin and weird tan lines. In some cases, blisters can form, and the skin may even swell — a condition called edema. In more severe situations, sunburn can turn into sun poisoning, which can cause fevers, chills, and nausea. How we react to the sun (aka how much melanin we can produce) is mainly based on genetics, but we should all slather on the sunscreen just to be safe. Plus, studies show that getting burnt to a crisp as a kiddo or young adult can significantly increase a person's risk of developing a melanoma (which can lead to skin cancer) later in life

If you are looking for a great app to see what the UV index is for your area check out:

EPA UV Index

The Ultraviolet (UV) Index provides a daily and hourly forecast of the UV radiation levels from the sun on a 1 - 11+ scale. Download the free EPA SunWise UV Index app onto your smartphone. Your local Ultraviolet (UV) Index forecast is provided by the National Weather Service.

Mobile Web - Get App

iPhone - The app is in iTunes... Get App

Blackberry - Get App (Updated 05/24/2012)

Android - Get App* (Updated 05/14/2013)

* To install the UV Index App on an Android device outside of Android's App Market, you will need to enable Unknown Sources. On your Android phone, go to Settings -> Application Settings and check the Unknown Sources checkbox. After the UV Index App is downloaded and installed, you may uncheck the Unknown Sources checkbox.

Guide to buying sunscreen: Is your sunscreen safe? Have you even thought about the chemicals in sunscreen that we put on our body? If this interests you, please visit the Environmental Working Groups website <http://www.ewg.org/2015sunscreen/> "Know your environment. Protect your health."

The EWG Sunscreen Guide rates the safety and efficacy of sunscreens, daily moisturizers, lip products and SPF-rated makeup. We launched the guide in 2007 because the federal Food and Drug Administration had failed to set modern safety standards for sunscreens. Without EWG's guide, consumers would have to sift through misleading market claims and complex ingredient lists to determine if their favorite sunscreens would help protect them from sun-related skin damage.

EWG's research has discovered that some sunscreens have several serious problems. We are pressing the federal Food and Drug Administration to issue rules that address these deficiencies. In the meantime, EWG's guide aims to help consumers make good choices and avoid sun damage and cancer.

EWG's 2015 Sunscreen Guide rates the safety and efficacy of more than 1,000 sunscreens, more than 600 daily moisturizers and 100 lip products with SPF values. Our safety assessments are based on ingredients disclosed on product labels.

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