

# VitaMin



Vital health information in a minute

## Shine a light on healthy sun habits

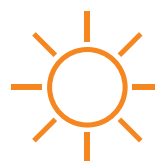
The risk of skin cancer goes up when you spend too much time in the sun. But there's also a good side to sunshine. A few minutes of sunshine can provide some great health benefits. Being safe in the sun and limiting your exposure is the best way to keep your skin healthy. Here's a quick list of ways the sun can help and harm your health, so you can find a healthy balance.

Benefits of sun exposure	Harms of sun exposure
Sunlight helps your body create vitamin D, which helps build bone and muscle strength. Vitamin D can also help lower your risk of certain cancers, heart disease and seasonal affective disorder (SAD).	Ultraviolet (UV) rays from the sun can lead to skin cancer. Be sure to have regular exams and ask your doctor about any new, unusual or changing spots on your skin.
Exposure to daylight can help you sleep better.	Damage from the sun's rays is a major cause of wrinkles, brown spots and other signs of aging.
Sunlight enhances your mood and feeling of well-being.	UV rays can lead to problems with your eyes and vision, like cataracts and/or macular degeneration.

### Protect your skin and eyes

Your best defense is to avoid the sun between 10:00 am and 3:00 pm if possible. When out in the sun:

- Wear a wide-brimmed hat and protective clothing
- Choose sunglasses that block UV radiation
- Use a broad-spectrum sunscreen with an SPF of 15 or higher
- Reapply sunscreen often throughout the day



**Ten to 15 minutes of sunshine three times per week is enough to produce the body's requirement of vitamin D.<sup>1</sup>**

### Source:

1. U.S. National Library of Medicine. "Vitamin D." <https://www.nlm.nih.gov/medlineplus/ency/article/002405.htm> (last reviewed/updated February 2, 2015)

This is intended to be general health information and not medical advice or services. Always consult with your doctor for appropriate examinations, treatment, testing, and health care recommendations.



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