

NATIONAL SUN AWARENESS WEEK

The Canadian Dermatology Association has organized a nationwide **Sun Awareness Week** since 1989. The purpose of this annual campaign is to educate Canadians about the dangers of too much sun, in order to stop the rising incidence of skin cancer in the country.

The Canadian Dermatology Association's (CDA) National Sun Awareness Week will take place Monday June 6 to Sunday June 12, 2011. The focus for this year is **Safe Fun in the Sun**.

Natural sunlight is important for good health. But too much exposure to the sun's rays can cause skin cancer and eye problems. Being safe in the sun can go a long way in protecting yourself and your family.

The Canadian Cancer Society and the Canadian Dermatology Association is promoting is that indoors or outdoors, there's no safe way to get a tan. Tanned skin is damaged skin. And when the tan fades, the damage is still there.

Enjoy and have fun in the sun and **be prepared**. Everyone can plan ahead before going outside by:

- Planning outdoor activities before 11:00 a.m. or after 4:00 p.m.
- Use broad-spectrum sunscreens with an SPF of 15 or higher, 30 if you work outside or plan to be outside for most of the day.
- **ALWAYS** apply sunscreen **before** going out in the sun and reapply as needed, usually every 2 hours or after swimming.

- Put sunscreen on your ears, chin and neck even when you are wearing a hat.
- Wear your sunglasses.
- Take along an umbrella that will provide shade whenever you need it
- Cover up and wear loose fitting, tightly woven and lightweight clothing.

SUN TANNING BEDS

The Canadian Dermatology Association states "there is no safe way to get a tan. Tanning beds and sun lamps are not a safe alternative. The more you use tanning beds and sun lamps, the greater your risk of getting skin cancer."

Indoor tanning causes cancer

When you expose your skin to UV rays – whether from the sun, tanning beds or sun lamps – you increase your chances of getting skin cancer. Skin cancer is the most common type of cancer. It's also one of the most preventable. To reduce your risk of getting skin cancer, don't use tanning beds or sun lamps.

USEFUL LINKS

[Using Sunscreen, Canadian Cancer Society](#)

[Melanoma Fact Sheet](#)

[Skin Cancer Facts and Stats 2011](#)

[CDA Photoaging Fact Sheet](#)

[Sun Cancer Prevention Methods](#)