

The sun is a necessity of life

> **Necessary for our psychological balance and moral,** sunlight plays a beneficial part in our well-being, for example by regulating our sleep pattern.

> **Our skin needs the sun to make vitamin D.** We need just a few minutes of sun a day for our body to produce this vitamin which fixes calcium and phosphorus. Necessary for our bone construction, this vitamin is particularly important for children's growth.

But we have to be careful because the sun is dangerous

> **A sunburnt skin has consequences.** Is your skin red? It means that your blood vessels are dilated. Does it peel? It means that your skin has been burnt. Be careful, the new skin that comes after sunburnt contains very little melanin, and is more sensitive to the sun's rays!

> **When we stay regularly and for too long in the sun, our skin ages.** Dark or light areas may appear on the parts of the body which were exposed. Little white scars like stars mark the skin, which can also grow thicker, become dryer, and develop wrinkles. Above all, the risk of cancer is increased by this exposure.

> **70 000 new cases of skin cancer are diagnosed every year** mainly due to the sun's Ultra Violet rays. There are two main types of cancers. The most usual are carcinomas. Most often, they appear after the age of 50 years and they are easily treated. The most dangerous are the melanomas.



TRUE OR FALSE

Anyone can become tanned, it's just a question of time if you expose yourself sufficiently.

WRONG Some people, red or blond-haired for example, produce few dark pigments called melanins, which constitute the tanning. So they can rarely be sun tanned.

Fake tans, or quick tanning products, prepare skin for the sun's rays.

WRONG They are most often simply contributing to colouring the skin (carotene), which does not have the protecting abilities of melanin.

Sun creams are the best protection against the sun.

WRONG The best protection is by wearing clothes, glasses, and a hat, and staying in the shade.

UV sessions are a good way of preparing the skin for the sun rays.

WRONG Artificial UV contains UVA which contributes to getting an old-looking skin in a short time and leads to the development of skin cancer.

To identify your sun profile, just answer the questions.



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EVERYONE HAS HIS OR HER OWN "SUN PROFILE"

1 Your skin is mainly:

- A ☐ very light, typical of redheads
- B ☐ light, typical of blonds
- C ☐ medium/light, typical of people with brown hair
- D ☐ brown
- E ☐ black

2 Do you have freckles?

- A ☐ yes, quite a lot
- B ☐ yes, some, mostly on the face
- C ☐ no, none at all

3 Do you sit in the sun...

- A ☐ very often
- B ☐ rarely
- C ☐ never

4 When you sit in the sun, do you use sun cream?

- A ☐ always
- B ☐ nearly always
- C ☐ just at the beginning of the session
- D ☐ never

5 Your exposure to sun is...

- A ☐ under the tropics or at winter sports
- B ☐ sunbathing for the whole summer and/or open air sports wearing very few clothes
- C ☐ every day, when the sun shines, because of your job

To discover your "sun profile", count your points and look at the following table

1 , A: 0, B: 15, C: 30, D: 40, E: 50

2 , A: 0, B: 5, C: 10

3 , A: 2, B: 1, C: 0

4 , A: 3, B: 2, C: 1, D: 0

5 , A: 0, B: 1, C: 2

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Against cancer, the French Cancer League,
everywhere in France: 0810 111 101

www.ligue-cancer.net



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>Your results

Between 0 and 15 points: A

Between 16 and 30 points: B

Between 31 and 45 points: C

Between 46 and 60 points: D

A You are extremely sensitive to the sun,

your skin is very light and your freckles increase quickly.

Every time you go out in the sun, you are sunburnt without tanning!

Our advice: don't try to tan. Sun exposure is strongly discouraged and maximum protection is necessary (hat, clothes, glasses, and sun cream factor 50+ are indispensable).

B You are sensitive to the sun,

your skin is light, you may have some freckles. You are likely to burn but you may get some light tanning.

Our advice: avoid exposing your skin to the sun. Your skin is not adapted to sun tanning, so you really need to put on special/added protection if you have to be out in the sun.

As soon as you are in the sun fully protect yourself (hat, clothes, glasses and sun cream factor >30).

C You tan easily.

Sun burn is quite unusual and you are tanned after some hours of exposure.

Our advice: prudence and gradual exposure. Even if your skin seems to be all right under the sun, don't forget to protect it.

Use a medium protection (hat, glasses and cream factor >15). Don't be afraid of increasing these protective measures during the first days of exposition.

D You tan easily.

Your skin is naturally pigmented or black, you very quickly suntan and you never get sun burnt.

Our advice: you should expose yourself gradually and protect your skin at the beginning.

Some protection, even limited, is always essential: especially glasses, and cream (factor < 15).

All types,
do not become dehydrated,
drink lots of water regularly.

Sensible attitudes towards the sun, whatever your skin type.

- > **Don't go into the sun or sunbathe between 12 noon and 4 o'clock** because it's the time of the day when the UV is the worst (because it's at its highest).
- > **If you go in the sun, do it gradually and for limited periods.** No more than 10 minutes the first day, increasing the time a little every day. Don't forget that we are not the same, our skins vary: it's up to everyone to adapt the length of time in the sun to suit their type of skin.
- > **Children's exposure to sun must be limited.** If they are in the sun they must be protected by clothes, glasses, hats and sun cream. Babies 0 to 3 years must not be exposed at all.
- > **Protect yourself by wearing clothes** (especially tight-woven linen or anti-UV treated clothes), hats, glasses and sun creams. For guaranteed effect the use of sun creams must be repeated regularly, every two hours and after bathing (there are no waterproof products).
Don't forget to apply the cream generously, especially on the back, the back of the neck and the ears. Whatever factor of protection used, there is no total protection.
Finally, it is necessary to buy new products for every season because they are only effective for a limited time.
- > **Since January 2006, sun products have been classified according to four categories**, within each you can find the different levels of protection: very high protection (factor 50+), high protection (factor 30 to 50), medium protection (factor 15 to 29) and light protection (factor 6 to 14). It is very easy to sort it out! (source AFSSAPS).

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