

Sunblock case essay sample



**ASSIGN
BUSTER**

Today I am here to inform the class about the importance of protecting yourself against the sun.

What comes to mind when you think of a sunburn? I know for myself I think of the uncomfortable feeling I get when trying to put a shirt on. What also stands out in my mind is the dreaded thought of skin cancer. Today I am going to explain a few basic steps about how to protect yourself from the sun and also give you some websites to go to for further information.

A. Let me start off by telling you exactly what causes sunburn. The sun gives off what's called UVA and UVB rays.

1. UVA rays: These are the rays responsible for wrinkles, leathery skin, and sun spots. (These rays can go through windows, lightweight clothing, and even your car windshield.

2. UVB rays (BAD): UVB rays are the main culprit when it comes to skin cancer. These are responsible for tanning your skin, but they also cause sunburn. These rays also go through windows. B. Skin cancer is on the rise... more and more young people are being diagnosed every day. What most people don't realize is that skin cancer is highly preventable. With this being said to protect against UVA & UVB rays it's recommended that we use sunblock or sunscreen.

1. Sunblock reflects ultraviolet (UV) rays and blocks them from penetrating your skin. Sunblock works like a mirrored shield. They reflect the sun's rays away from your skin blocking the damaging rays from ever reaching at all.

Sunblock lotions are white when they are applied to the skin. (What you see on lifeguards noses)

2. Sunscreen, on the other hand, prevents sunburn by absorbing the sun's rays. A sunscreen works in a way more like a sponge. It soaks up the rays before they can reach you. Sunscreens are generally colorless and become invisible when applied to the skin. Sunscreens must be reapplied about every two hours because their ingredients wear off.

a. Sunscreens & Sunblocks should be applied to dry skin 15 to 30 minutes BEFORE going outdoors. When using either one, be sure to apply it to all exposed areas and pay particular attention to the face, ears, hands, and arms. Don't forget that your lips can get sunburned, too, so apply a lip balm that contains sunscreen with an SPF of 30 or higher.

[http://dermatology. about. com/cs/skincareproducts/l/blsunscreen. htm](http://dermatology.about.com/cs/skincareproducts/l/blsunscreen.htm) C.

Lastly something that I always found myself wondering about is what SPF is used for?

1. The sun protection factor (which is known as SPF) of a sunblock or sunscreen is determined by how long it takes for sunburn to develop. For example, if a person who would usually become red after 10 minutes of sun exposure uses an SPF 2, he/she could remain in the sun for 20 minutes before turning red. If you are fair skinned it is suggested that you apply a 20-30 SPF. If you tan easily it is recommended that you apply an SPF of 4-8.

Does everyone understand this? : [http://www. livestrong. com/article/74539-sunblock/#ixzz1qLcTeYxe](http://www.livestrong.com/article/74539-sunblock/#ixzz1qLcTeYxe)

<https://assignbuster.com/sunblock-case-essay-sample/>

So today I informed you what UVA & UVB rays are, the difference between sunscreen and sunblock and what SPF is. It is extremely important that we all take the proper precautions and apply sunblock/sunscreen. I hope everyone has a better understanding of how you can protect yourself.

WORKS CITED

About. com Skin Care Products (online) [http://dermatology. about. com/cs/skincareproducts/l/blsunscreen. htm](http://dermatology.about.com/cs/skincareproducts/l/blsunscreen.htm)

Live STRONG – Sunblock (online)

[http://www. livestrong. com/article/74539-sunblock/#ixzz1qLcTeYxe](http://www.livestrong.com/article/74539-sunblock/#ixzz1qLcTeYxe)

National Cancer Institute – Skin Cancer

[www. nationalcancerinstitute. com](http://www.nationalcancerinstitute.com) or [www. cancer. gov](http://www.cancer.gov)