

Sun exposure

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Sun Exposure Affiliation: Sun rays are both essential and destructive to the humanskin, a concept that dermatologists critically account for. Patient education is fundamental as to the extent of sun exposure that is necessary or destructive to the skin (Reichrath, 2008). Conducting patient education in relation to sun exposure accounts for minimization of sun exposure to protect patients' skin from harmful sun radiations. In so doing, patients need to be equipped with vast information about the functionality of the skin and the influence of sun exposure on the skin. Among the vast and intensive information about this topic, there are specific aspects that are critical to account for in the patient education.

The most important information to capture in educating patients about the skin and sun exposure relates to the benefits and damages that the sun causes to the skin. The patients need to understand the extent of sun that is necessary for their skin. This is in the view that vitamin D; a crucial vitamin in the human body can be derived from sun rays (Reichrath, 2008). However, excessive exposure of the skin to the sun is harmful, and can result in skin diseases; among them skin cancer. The patients have to be equipped with vast explanations as to how such scenarios may arise. On the other hand, the damaging aspect of sun exposure to the skin would be crucial to account for, making patients understand the process behind the harmful aspects of sun exposure to the skin.

Personally, the underlying risks of sun exposure are well understood. On the simple step towards reducing such risks, covering the skin in extreme sunny days comes in handy. Over and above this, use of certified products that protect the skin from harmful aspects of sun exposure also works. On the same note, having regular checkups by a dermatologist and seeking relevant <https://assignbuster.com/sun-exposure/>

advice and information towards minimizing sun exposure, or actually alleviating the underlying risks altogether.

Reference

Reichrath, J. (2008). Sunlight, Vitamin D and Skin Cancer. New York: Springer.