

Yo, Don't Forget the Sunscreen!

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New York, NY (Ski Press)-For every 1,000 feet of elevation, ultraviolet exposure increases by about 8-10 percent. So a skier with an average complexion, at 11,000 feet above sea level in Colorado, will burn at noon after 6 minutes of unprotected sun exposure, compared to 14 minutes in Orlando.

In addition, snow reflects about 80% of the ultraviolet light from the sun, only compounding the problem and further increasing the risk for skin cancer.

“Statistics show that fewer than 20% of Americans wear sunscreen all year-round,” said Perry Robins, MD, President of the Skin Cancer Foundation.

“That is not enough, considering the sun shines 12 months a year and UV rays are present year-round no matter what season, altitude, temperature or time of day.”

To protect yourself this ski season, follow these important sun protection tips:

Use sunscreen whenever you spend time outdoors. Both snow and strong wind can reduce the effectiveness of sunscreen, so remember to:

- Use a broad-spectrum sunscreen with an SPF of 15 or higher.
- Apply sunscreen liberally and evenly to all exposed skin.
- Be sure to cover often-missed spots: lips, ears, around eyes, neck, scalp and hands.
- Reapply at least every 90 minutes, and more often after sweating or exposure to wind and snow.

Cover up.

- Wear long-sleeved shirts and long pants. Tightly woven fabrics and dark colors offer more protection.
- UV-blocking sunglasses with wraparound or large frames protect your eyelids and the sensitive skin around your eyes, common sites for skin cancer and sun-induced aging.

Be mindful of time spent in the sun, regardless of the season.

- Keep track of the time you spend in full sunlight.
- If you are on the slopes for most of the day, take a few breaks indoors to reapply sunscreen.
- Drink plenty of water to avoid dehydration from the sun.

FOMO: www.skincancer.org.

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- [Boarding for Breast Cancer Announces National Tour](#) (October 15, 2004)
- [Tubbs Raises \\$66,000 for Breast Cancer Research](#) (March 31, 2004)
- [K2 Supports Breast Cancer Research](#)