

Sunburn: What You Should Know

Sunlight can help our mental outlook and help us feel healthier. Many people think that a suntan makes a person look young and healthy. However, sunlight can be harmful to the skin, causing immediate problems as well as problems that may develop years later.

Immediate problems include:

- Heatstroke
- Sunburn
- Allergic Reaction to sun exposure and sunscreen products
- Vision problems

Long-term problems include:

- Increased risk for skin cancer
- Skin changes that may cause wrinkling and pigment spots
- Cataracts
- Increase in symptoms of certain health problems – lupus or cold sores

Preventive measures are important:

- Protect your skin from the sun.
- Do not stay in the sun too long.
- Use sunscreens and wear clothing that covers your skin (including a hat).

For more severe sunburns you may need to be evaluated by a physician and be treated. Certain moles and skin damage can be attributed to the sun and should be evaluated by your physician to pick up precancerous and cancerous skin lesions as early as possible.