Skull is the biggest organ of the body, some of its important functions are:
- Controlling & regulating body temperature
- Protecting against injury
- Preventing infection as the first line of defense against possible invasion of bacteria & other germs

**FREE SUN DAMAGE SCREENING**
Union Concourse
Wednesday, February 29
11:00am—1:30pm

Still thinking about tanning? Google ‘Dear 16-year-old Me’ or go to dcmf.ca and watch this video. It just might change your mind.

**You Want Tan Skin?**
Sunless tanning (or self tanning) products are a safe alternative to indoor tanning or sunbathing

Some options are:
- Spray Tans
- Lotions and Creams
- Tinted Moisturizer

Make sure to wear sunscreen too (especially in your face moisturizer)! It’s included in some of these products. Check out www.mayoclinic.com/health/sunless-tanning/SN00037 for more info.

Or go ahead and flaunt the beautiful skin you were born with!

**Indoor Tanning**
Indoor tanning refers to tanning beds and tanning booths. The idea that tan skin is beautiful is a popular perception in our society, but what many fail to understand is how dangerous it is, and not just down the road. Tanning is dangerous. My advice is: DON’T DO IT!! If you indoor tan you expose yourself to doses of Ultra-Violet (UV) radiation that can be 1.2—4.7 times higher than what comes from the sun (in addition to those from the sun). And this can be toxic for your skin and your eyes.

The International Agency for Research on Cancer (IARC) classifies tanning beds as carcinogenic, meaning that they are cancer causing. Don’t fool yourself into thinking that tanning is good because you want a base tan or because it gives you Vitamin D. A tan occurs when you damage the DNA in your skin cells, which can lead to cancer, and you can get vitamin D easily through your diet. Tanning is not worth the risk.

(Source: The International Agency for Research on Cancer Working Group on artificial ultraviolet (UV) light and skin cancer)

**Protecting Your Peepers**
Wearing sunglasses protects your eyes from UV rays and helps reduce your risk of cataracts, macular degeneration, and uvea (the colored part of the eye) cancer. Sunglasses also protect the skin around your eyes from UV rays and help reduce the risk of skin cancer.

**More Sun Safety Tips**
- Avoid the sun between 10 a.m. & 4 p.m. — This is when UV rays are the most intense
- Cover up your skin - broad-rimmed hat, long-sleeves, pants
- Reapply sunscreen every 2 hours, more often if you are sweating or swimming. New regulations require sunscreen with water-resistance to list the amount of time that SPF protection will last, either 40 or 80 minutes (No sunscreen is water or sweat-proof).
- Use a sunscreen with SPF 15 (or above) and is broad-spectrum to protect your skin.
- Cover up your skin — a full hat, sunglasses, long-sleeves, long pants
- Reapply sunscreen every 2 hours, more often if you are sweating or swimming. New regulations require sunscreen with water-resistance to list the amount of time that SPF protection will last, either 40 or 80 minutes (No sunscreen is water or sweat-proof).
- Use a sunscreen with SPF 15 (or above) and is broad-spectrum to protect your skin.
- **Sunscreen products include SPF, which stands for sun protection factor. The SPF number is a measurement of the amount of UVB protection — the higher the number, the greater the protection. SPF 15 and above protect against sunburn and those marked broad-spectrum reduce the risk of skin cancer and premature skin aging. It is best to use a sunscreen with SPF 15 (or above) and is broad-spectrum to protect your skin.**
- **Avoid the sun between 10 a.m. & 4 p.m. — This is when UV rays are the most intense**
- **Cover up your skin - broad-rimmed hat, long-sleeves, pants**
- **Reapply sunscreen every 2 hours, more often if you are sweating or swimming. New regulations require sunscreen with water-resistance to list the amount of time that SPF protection will last, either 40 or 80 minutes (No sunscreen is water or sweat-proof).**
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