

# Applying sun protection is something you should do year round

LISA CARTWRIGHT  
Features

Which would you choose? Developing aging

spots or skin cancer or simply putting on a sun-block 20 minutes before going outside. Protecting yourself

from the sun is easy to do and takes little time, yet many people aren't doing it.

## HEALTH

Those with fair skin, red or blond hair and light-colored eyes are particularly vulnerable. Children should also

In the early stages of the disease, pink or reddish scaly bumps appear on the skin. After time, the bump becomes sore to the touch and must be surgically removed.

Although the most severe, skin cancer isn't the only result of damaged skin.

Liver spots - often associated with aging - can also appear, but can be reversed with the help of an esthetician.

Regardless, you probably won't see the damage of sun until it is too late.

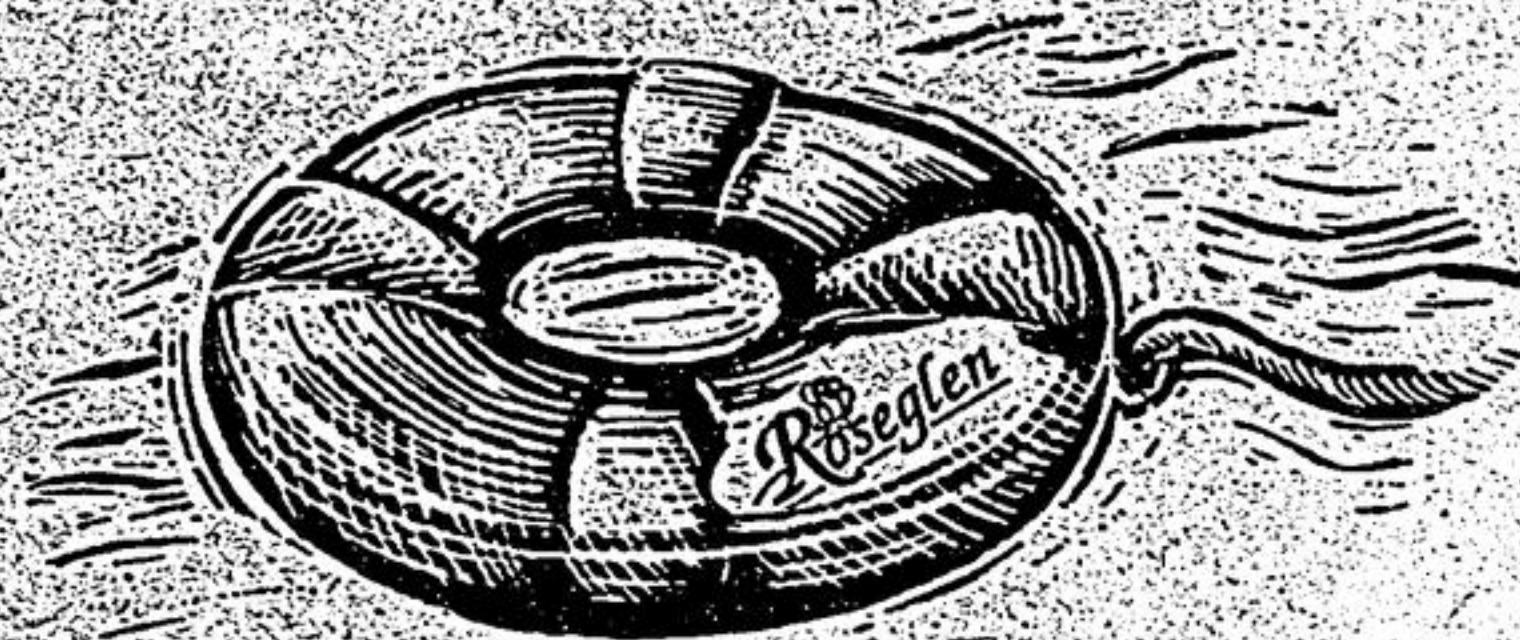
"You are not going to see the damage now, but the skin has a good memory," said Pelyvas.

When thinking about sun protection, don't forget about protecting your eyes.

That's because the sun's harmful rays can cause red, itchy eyes - the symptoms of UV burn, said Dilip Ondhia of Eyes Right Optical in Unionville.

The sun can also cause:  
• cataracts and cornea disease;  
• cancer of the eye, lids and non-cancerous growths on the inside of your lids. To protect yourself, you should purchase UV corrected, polarized lenses

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"It's very important to protect (yourself) all the time," said Marika Pelyvas, owner of Marika Esthetics in Markham. "It should be like a habit."

That's because the sun's harmful UVA and UVB rays can penetrate and damage your skin, even when you aren't expecting it to.

While UVB rays can be filtered by glass, UVA rays can pass right through windows, burning your skin. Both rays can penetrate up to a metre of water and can reflect off the sand (and in winter the snow).

And don't be fooled by cloud cover either - both rays can pass through clouds, said Pelyvas.

By avoiding activities when the sun is the strongest (between 11 am and 3 pm) and wearing sun protection, people can help prevent sun damage.

While everyone benefits from wearing either a sun tan lotion (SPF 15) or a sun block (anything over SPF 30), your risk of developing skin problems is determined by your skin type, said the Registered Nurses Association of Ontario.

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### GIBSON RESIDENT CELEBRATES 100TH BIRTHDAY

The Gibson Retirement Residence celebrated the 100th birthday of resident Marjorie Waring during its annual Garden Party on Aug. 21.

"This Garden Party is always a very special event for our residents and guests," says Jacques Cartier, General Manager of The Gibson Retirement Residence. "More so this year as we celebrated Marjorie Waring's (seen above with Mr. Cartier) 100th birthday."

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