



## The Enemy in the Sky

Maintaining the theme of being active during the summer one should consider a potential menace in the sky. Even if we plan to take that well earned break we should still be conscious of the SUN and the damage that it can do.

While most regular exercisers should avoid the hottest part of the day, the challenge this summer is for holiday makers to break from tradition and ...not get burnt. It has been shown that over two thirds of people burn whilst they are on holidays. This is particularly relevant for people in the 18-35 year age bracket. Maybe this summer break will be different.

So how can the holidaying and the regularly active dentist cope with the enemy in the sky?

Even before going outside and thinking about the holidays we all should focus on the current state of our skin. One simple message is obviously prevention, early detection and regular checks. This particularly applies to those born before decimal currency. So see your doctor regularly to have your skin checked out and at the same time aim for complete protection. Your own practises also impact on how the kids will manage their skin and sun exposure.

If you have to get out in the sun to do your bit of fishing, play cricket, hit golf balls or whatever then consider;

- Staying out of the sun between 10.00am and 3.00pm. UV peaks between 12 noon and 1.00pm.
- Cover up with clothing that has a +50 rating or a close weave.
- Wear a hat and sun glasses (as well as other apparel). You can still look cool in this outfit.
- Use sunscreen that is 15+ and broad spectrum to cover parts of the body that are exposed. Apply the sunscreen 20 minutes before going out into the sun and layer it on - don't rub in as the reaction with the sunscreen and the skin is what will offer the protection. Continually renew the sunscreen.

The Cancer Council Slogan should be well rehearsed;

SLIP on a shirt

SLOP on the sunscreen

SLAP on a hat

WRAP on the glasses

In addition you should be consuming water on a regular basis and enforce the no hat ...no play rule with your kids and yourself. It may just improve your golf and we all need every assistance possible to play to that decreasing handicap.

If you are unsure then contact the Cancer Council in your area....it could save your life!

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