

Spring Into Defense: Tips For Combating UV Damage

(NAPS)—With spring here and summer around the corner, now is the time to become especially vigilant about protecting skin from the sun's harmful UVA/UVB rays. Though skin is susceptible to sun damage year-round, when the weather warms, it's hard to resist shedding layers and spending more time outdoors. Skin on the face, arms, hands and neck can be the places that get the most exposure, which can lead to premature skin aging and certain types of skin cancer.

Dr. Elizabeth Hale, associate professor of dermatology at the New York University School of Medicine, warns, "You don't have to get sunburned to accrue significant skin damage. Surprisingly, even exposure from daily, outdoor activities can age your skin prematurely. One easy way to protect yourself from the sun is to apply a high SPF sunscreen under your makeup each day."

Lightweight products that offer both SPF protection and skin nourishment are easy to incorporate into your daily routine. The makers of Coppertone recently launched a new line of sunscreens, NutraShield™ with Dual Defense™. In addition to its broad-spectrum, durable sun protection, it also offers specially selected blends of antioxidants, which help neutralize free radicals created by UV exposure to help promote natural skin repair. Coppertone NutraShield™, which also moisturizes without clogging pores, is a purse-friendly option year-round.

In addition to using a broad-spectrum sunscreen daily, here are some unique tips to help keep springtime sun damage to a minimum:

• **Eat your greens.** According to the National Foundation for Cancer Research (NFCR), eating a diet rich in dark green vegetables may actually help make your skin healthier.

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• **Watch for windows.** Scientists at the Coppertone Solar Research Center warn that even when you're inside, you're not entirely safe from the sun's rays. UVA rays (the type that penetrate deep into skin and contribute to premature skin aging) can pass through the glass windows in your car, your office, even your kitchen.

• **Mind your medicine cabinet.** Certain medications can make your skin more sensitive to sunlight. Ask your doctor or pharmacist if anything you're currently taking can make you more susceptible to sun exposure. If so, make sure to take extra care to protect your skin when outdoors.

• **Wear UVA/UVB-protective sunglasses.** In addition to the effortlessly cool look that sunglasses give you, they also help protect your eyes and the sensitive skin around them from UV rays, plus they may help reduce the risk of cataracts.

• **Stay hydrated.** Drinking more water when you are spending time in the sun will help keep your body and skin hydrated, recommends the NFCR.

For more information, please visit coppertone.com.