

Mayo Clinic Minute

Sun Protection Is For All Seasons

VIDEO	AUDIO
	While you might store other supplies you used this summer, keep the sunscreen handy.
	Being sun-protective is actually a 12-month-of-a-year habit ...
Title: DAWN DAVIS, M.D. DERMATOLOGY Mayo Clinic	... even if you live in a northern climate, or if it is a season where you don't think about being in the sun.
	Mayo Clinic dermatologist Dr. Dawn Davis says that's because ultraviolet light is around us all the time, no matter the season or the sky conditions.
	Even on a cloudy day, ultraviolet light can pass through clouds.
Graphic: SPF 15 – routine use SPT 30 – longer periods SPF 50 – all-day activities	Dr. Davis says you can protect yourself by routinely using a sunscreen with an SPF of at least 15. Choose a sun protection factor of 30 for longer periods outside. Apply SPF 50 for all-day activities.
	I do like to remind my patients that there are now clothes that have impregnated sunscreen within them.
	The apparel comes with a UPF rating – short for ultraviolet protection factor.
	The clothes are very safe. They're now readily available at big box stores and also online.
	And, they offer another way to make sun protection a 12-month-a-year habit.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen.