



HEALTH CAPSULE | No.61 | 2018

5 Things to Know About Sunscreen

In 2015, nearly 78,300 Canadians were diagnosed with skin cancer, making it more important than ever to focus on preventing this increasingly common disease by protecting your skin from the harmful effects of the sun. To help you get started, we've gathered five little-known facts about sunscreen.



Quality or quantity?

Nobody likes feeling sticky or greasy after they've applied sunscreen. As a result, most people fail to apply enough of it to properly protect their skin. Did you know that the minimum amount of sunscreen necessary to protect your skin is 30 ml, or **two tablespoons**? Not only do you need to apply enough of the white stuff, you also have to reapply it every two hours to enjoy maximum protection. During a trip down south and in countries close to the equator, experts recommend applying **as much as a half-bottle per person, per day**.

Sun protection factor: not something you can measure in minutes

The sun protection factor is actually an index that estimates the degree of protection of a sunscreen. It is not the number of minutes of sun exposure while being protected. The FPS abbreviation is always followed by a number, 15, 30, 45, 60, etc. This number represents the ratio of the time required for ultraviolet rays to produce a sunburn with and without sunscreen. Thus, an SPF of 30 indicates that one can, in theory, stay in the sun 30 times longer without getting a sunburn, and not that one can be exposed for 30 minutes!

Waterproof...to some extent

When you see a sunscreen with the word "waterproof" on the label, you should take the information with a grain of salt: most of the time the protection provided is more "water resistant" than "waterproof".

While popular with consumers shopping for a high quality product, "waterproof" sunscreens are in fact formulated to better tolerate your body's perspiration and not to protect your skin during long dips in the water. Experts say that reapplication is crucial and recommend reapplying every time you get wet, regardless of how long you spend in the water. Most sunscreens that advertise as waterproof will provide protection for about 40 minutes only, so be extra careful!

You're likely overpaying

According to Consumer Reports magazine, when it comes to SPF, high prices don't necessarily guarantee high quality. A recent study comparing 12 popular sunscreen brands showed that the cheapest actually worked the best. Surprised? In fact, major store-brand sunscreens placed near the top of the list.

Foods that naturally protect your skin from the sun

Did you know that certain fruits such as guava, watermelon, grapefruit, and tomatoes are all rich in antioxidants? They can help your body better defend itself against damaging UVA and UVB rays.

So there you have it: by combining a good broad-spectrum sunscreen with an antioxidant-rich diet, you'll be well equipped to safely enjoy the summer sun.

Percentages of rays blocked by each level of SPF (sun protection factor)

SPF	% of blocked rays
4	75%
8	87.5%
15	93%
30	97%
45	98%
60	98.3%
100	100%

Source: SSQ



Physical Activity - Beat Your Best Excuses

I don't have time.

Physically active people are not necessarily the ones with more free time on their hands. It has more to do with setting priorities and interests. Being active is a means to give ourselves more energy to accomplish all our other activities more efficiently. In busier times, allow yourself to do a little less or break your daily 30 minutes into blocks of at least 10 minutes.

I'm not interested.

If you think physical exercise is only worth it when you have to suffer, think again. Any activity is good for your health. You might do already more than you give yourself credit.

I'm too tired.

How fitting, physical activity gives you more energy!

I'm not in shape.

In that case, start slowly.

I don't want to get injured.

Being more active helps strengthen your muscles, thus lower the risks of injuries. Go at your own pace.

No more guilt!

Don't get discouraged or feel guilty when you'd rather stay in than going for a walk. The idea is to cultivate a routine by achieving the goal to be active at least 30 minutes most days of the week. You can always make up for it the next day or the following week.

I can't make time for myself.

If it is difficult to find an hour to go for a walk, try 15 minutes.

I don't have the skills.

Rollerblading might not be for everyone, but walking is.

My knees, back and feet hurt.

Ask a healthcare professional which physical activities are appropriate for you.

I need an exercise partner.

There are plenty of them in outdoors clubs, walking clubs, and badminton clubs... Also, you don't need company when heading out for the convenience store.

It's too expensive.

Admittedly, activities like horseback riding or downhill skiing can be quite expensive, but walking doesn't cost anything.

It's not worth it, I'm too old.

Physical activity is like RRSPs: it is better to start investing early but never too late to start. The only difference? No contribution limits.

Source: DefiSante.ca



Let's enjoy the great outdoors this summer! Nature is essential and has positive effects on our health. It reduces stress, headaches, levels of violence and the effects of depression. It helps improve social harmony and concentration and speed up healing.

Source: PasseportSante.net