**The Dangers of the Sun Answer Sheet**

1. **B. False**

Everyone can get skin cancer, regardless of the color of their skin, their race or where they are from. More than 3 million people in the United States are treated for more than 5 million cases of skin cancer each year. Although skin cancer is less common minorities, when it does occur, it is more likely to be diagnosed when it is advanced and potentially fatal. Fortunately, skin cancer is highly curable if caught and treated early. In addition to protecting yourself from the sun, examine your skin regularly and see a doctor if you notice a change on your skin that concerns you.

1. **D. All of the Above**

Sunlight helps our bodies produce vitamin D, which has many health benefits. However, long-term sun exposure can lead to numerous unwanted effects-both unattractive and dangerous! Photoaging, the damaging effect to the skin, is cumulative so it’s never too late to start protecting yourself.

1. **B. 56%**

Protecting yourself from the sun is the best way to prevent skin cancer and photoaging. Using sunscreen, wearing sun-protecting clothing and seeking shade are a few easy suggestions to follow.

1. **B. False**

Although using a sunscreen with a SPF of 30 is likely to provide strong protection, other factors can affect protection. The SPF rating helps determine based, on an individual’s skin coloring, how much longer a person can remain in the sun without getting a burn. But that doesn’t take into account sweating, swimming or other activities that could reduce the sunscreen’s effectiveness.

1. **B. UVB**

Ultraviolet wavelengths that reach the Earth are classified as UVA or UVB. UVA rays are less intense than UVB rays but they can both play a role in damaging skin cells and the development of skin aging, wrinkling and skin cancer.

Sunscreens were originally designed to protect against UBV rays. In recent years, ingredients have been developed to help proved protection against UVA rays, but there are no criteria for measuring and labeling the amount of that defense. You can, however, check the label of sunscreens today to see if they at least offer UVA protection.

1. **D. All of the above**
2. **C. 11 am to 3 pm**
3. **A. True**

Dark or bright colors tend to reflect more UV radiation than pastels or bleached cottons.

1. **A. True**

Recent research has shown that using tanning beds before age 35 increases the risk of developing melanoma, the most dangerous form of skin cancer, by 75 percent.