

Tanning, Sunburning and Skin Cancer

Suntan, sunburn and skin cancer are all caused by the UV radiation from the sun, damaging the skin. Lots of people suntan because they think it is fashionable but it just puts them at a higher risk of getting skin cancer. I think people shouldn't suntan and go out in the sun for too long because you can get sunburnt but it is important to have a good balance because you also need vitamin D.

Tanning



Sun tanning is when you get your skin darkened or tanned. People usually go out in the sun or use artificial sources such as a tanning bed. Some people use chemical products to get a tanning result without exposure to the sun. Going out sometimes has a good effect because it gives you more vitamin D in your body but staying too long in the sun has bad effects including sunburn and skin cancer. Most people apply sunscreen

to avoid sunburn but others use oils to speed up the tanning process. A pale person with freckles will tan more easily than others.

Sunburning

Sunburn is a burn to the skin caused by staying too long in the ultraviolet radiation from the sun. Chemical sunscreen does not necessarily mean protection against UV radiation. Symptoms that occur in humans and animals include red skin that is hot, tiredness and dizziness. Other symptoms are peeling skin, rashes, nausea, itching and fever.

Too much UV radiation can be life threatening in some cases.



Skin Cancer

Skin cancer is a disease from the cancer cells in the outer layers of your skin. Sunburn and UV light can damage your skin and this can lead to skin cancer. Skin cancer is very slow to grow. The sunburn you got this week may turn into skin cancer 20 or more years later.