

Chapter 5

Use with Section 3

ENRICHMENT

● Skin

Investigating Sunscreens

Most people think that tanned skin looks healthy. Many people lie in the sun for hours because they feel a tan improves their looks. During winter, some people go to tanning salons to keep their summer tan. But, doctors are now warning us about the danger of too much sun.

Find out how too much sun is dangerous using these sources: the library, the labels on bottles of sunscreen, and the pharmacist at your local drugstore. First, answer as many questions as you can using library references. Check the card catalog or computer listing for books about cancer, skin cancer, or effects of the sun. Next, look at the labels on bottles of sunscreen you have at home or at your local drugstore. Then ask the pharmacist at the drugstore any questions you have about sunscreens.



1. What kind of cancer can you get from too much sun? _____

2. How does sunlight affect the aging of the skin? _____

3. What does the SPF number of sunscreen lotions mean? _____

4. What SPF number do doctors or pharmacists recommend you use when exposing yourself to the sun? _____

5. While in the sun, how often should you apply sunscreen? _____
