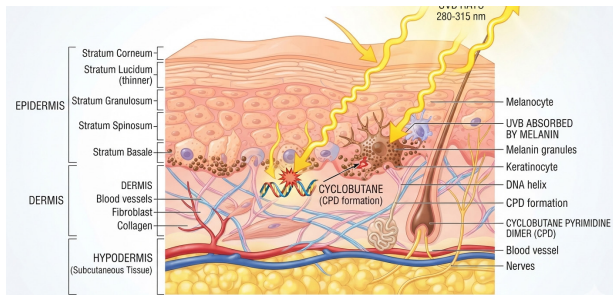




July 2026 Newsletter

MEANINGFUL PARTNERSHIPS WITH CPC – PATIENT EDUCATION Part 5

UV RAYS AND YOUR SKIN



How Safe is a Little Tanning?

That perfect light brown glowing skin. Loads of us covet it, but only a few of us know the risks associated with achieving the "perfect" tan. CPC is here to help you understand how sun exposure can affect your body's largest organ.

Ultraviolet (UV) radiation is a form of electromagnetic energy emitted primarily by the sun. Although UV rays are invisible to the human eye, they have significant effects on the skin. There are three main types of UV radiation: UVA, UVB, and UVC. UVC rays are largely absorbed by the Earth's atmosphere, while UVA and UVB rays reach the skin and contribute to both beneficial and harmful effects. Moderate exposure to UV radiation helps the body produce vitamin D, which is essential for bone health and immune function.



UVA rays penetrate deeply into the skin and are primarily responsible for premature skin aging, including wrinkles, loss of elasticity, and age spots. These rays can pass through clouds and glass, making exposure possible even on overcast days or indoors near windows, even driving in your car! Long-term UVA exposure damages collagen and elastin fibers in the skin, leading to photoaging. UVA radiation also contributes to the development of skin cancers by causing indirect DNA damage.

UVB rays mainly affect the outer layers of the skin and are the primary cause of sunburn. Excessive UVB exposure can directly damage the DNA within skin cells, leading to mutations that increase the risk of skin cancer. UVB intensity varies depending on the time of day, season, and geographic location. Repeated episodes of sunburn, especially during childhood and adolescence, significantly increase the likelihood of developing melanoma and other forms of skin cancer later in life.

Are Tanning Beds Safer? HINT: NO

Tanning beds pose significant health risks because they emit high levels of ultraviolet (UV) radiation, primarily UVA rays, along with varying amounts of UVB radiation. Exposure to this artificial UV radiation damages the DNA in skin cells, accelerating premature skin aging and increasing the risk of developing skin cancers, including basal cell carcinoma, squamous cell carcinoma, and melanoma. Individuals who begin using tanning beds before the age of 35 have a substantially higher risk of developing melanoma compared with those who have never used indoor tanning devices. In addition to increasing cancer risk, frequent tanning bed use can cause wrinkles, age spots, loss of skin elasticity, eye damage if proper protection is not worn, and suppression of the immune system. Because there is no such thing as a "safe tan" from indoor tanning, health organizations strongly discourage the use of tanning beds and recommend safer alternatives, such as sunless tanning products, for those who desire tanned skin.

Proactive Steps to Take

Protecting the skin from UV radiation is essential for maintaining skin health and reducing the risk of skin disease. Effective protective measures include applying broad-spectrum sunscreen with an SPF of 30 or higher, wearing protective clothing, seeking shade during peak sunlight hours, and using sunglasses that block UV rays. Regular skin examinations can help detect early signs of sun damage or skin cancer. By adopting these preventive strategies, individuals can minimize the harmful effects of UV radiation while still enjoying outdoor activities safely.

Your dermatologist will determine if there is any damage to your skin and CPC can help! By integrating our specialized testing expertise with your clinical care, CPC strives to provide tailored educational resources that help patients better understand their results and treatment plans.

WORD SEARCH FUN

Your Skin and UV

I	G	R	A	D	I	A	T	I	O	N	A	EXPOSURE
L	A	L	G	P	R	E	V	E	N	T	R	COLLAGEN
G	N	N	L	S	E	E	R	E	O	T	T	ELASTIN
A	E	I	N	U	V	B	C	G	V	U	A	RADIATION
A	R	T	I	N	N	B	A	N	U	S	N	MELANIN
N	U	S	N	S	N	L	F	A	A	C	N	SKIN
I	S	A	A	C	K	C	S	H	M	C	I	CANCER
K	O	L	L	R	C	O	E	C	U	N	N	SUNSCREEN
S	P	E	E	O	L	L	V	V	G	G		SPF
A	X	G	M	E	L	L	K	P	A	U	B	TANNING BED
N	E	A	E	N	B	A	C	L	V	S	E	UVA
D	C	M	O	L	E	G	E	C	B	P	D	UVB
A	A	A	T	T	N	E	R	E	A	F	R	BLOCK
T	O	D	C	B	I	N	F	C	N	S	A	UVC

EXPOSURE
COLLAGEN
ELASTIN
RADIATION
MELANIN
SKIN
CANCER
SUNSCREEN
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TANNING BED
UVA
UVB
BLOCK
UVC
FRECKLES
MOLE
CHANGE
PREVENT
DAMAGE
DNA

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