

Sunburn prevention – your personal guide

South Africans are active people who love the outdoors, which is not surprising as we have one of the sunniest climates in the world. The flipside is, however, that we also have among the highest rates of skin cancer in the world, thanks in part to the hole in the Earth's ozone layer, which, in summer, stretches up from Antarctica right up to South Africa, allowing dangerous UV rays to affect our skins.



When the skin is struck by UV radiation the longer wave UVA rays are able to penetrate into the skin's dermal layer. The more exposure, the more damage occurs, and these rays are in fact able to penetrate right into the nuclei of our skin cells, damaging and altering the DNA, resulting in skin cancers.

To read the full article visit: <http://www.health24.com/Lifestyle/Beyond-beauty/sunburn-prevention-your-personal-guide-20161222>