

SAVE YOUR SKIN

People are unaware of the very real risks posed by the sun and the damage it causes to the skin's DNA. Accumulation of this damage can lead to a skin cancer"

- The skin is the largest organ in the human body. The skin is the body's first line of defence against toxins, chemicals, heat, cold and pollutants. It makes the body water - proof and leak- proof. However, it has a potential enemy the sun

Sunlight is essential for plant growth. Also we human depends on plants. Meanwhile small amount of sunlight is essential to the body because it help to stimulate the body to produce vitamin D, which metabolizes calcium, building strong bones.

Although this does not mean that a little sunlight is good, none is better because the sun produces ultraviolet (UV) radiation, which can cause irreversible damage to the skin . One result of this is premature aging.

The greater damage of ultraviolet light according to the book "saving your skin" says ' Ultraviolet light damage DNA (the genetic materials that controls cell activities, such as cell division), causes immunosuppression and may activate chemicals into the body that stimulates the chain of event leading to cancer.

- The Merck manual states that this is the common type of cancer in the world. In United States, 1 out of every 6 to 7 people gets some form cancer. But the rates are increasing. The blacks have lower incidence of skin cancer, but they too, are at risk.

Why has skin cancer becomes such a plague? While there may be relevant factors, such as elevation, latitude, the amount of cloud cover, and the conditions of the ozone layer, the main culprit may simply be too much exposure to the sun.

Who is at risk for skin cancer? In addition to people who have had chronic or intense, intermittent exposure to the sun, those with fair skin, light hair, and eyes, moles and freckles, and a family history of the disease are especially at risk. Skin cancer is much less likely among people with dark complexion. But they are also at risk...

- Does skin cancer has a cure? YES. The U.S National institute on aging says " All skin cancers could be cured if they were discovered and brought to a doctor's attention before they had a chance to spread ". Thus, early detection is wital, but what can be done to prevent skin cancer?

Education about safe sun habits in necessary from childhood. According to the skin cancer foundation , most people receive about 80% of their lifetime sun exposure before the aging of 18. Just one blistering sunburn in childhood is estimated to double the risk of melanoma as one of the type of skin cancer later in his life. This is because skin cancer can take 20 or more years to develop.

TIPS FOR SAVING YOUR SKIN

1. Limit sun exposure especially between 10:00am and 4:00pm, the peak hours for harmful ultraviolet (UV) radiation.
2. Examine your skin from head to toe at least once every three months.
3. When outdoors, use a broad-spectrum sunscreen rated sun protection factor (SPF) 15 or higher. Apply it liberally 30 minutes before sun exposure and every two hours thereafter (sunscreen should not be used on children under six months of age).
4. Teach your children good protection habit at an early stage for the damage that leads to adult skin cancer starts in childhood.
5. Wear protection clothing such as long pants, long sleeved shirts, broad-brimmed hats, and UV protection sunglasses.

Remember good health is a sign of wealth in human life. Also a healthy nation is a wealthy nation.

Do your possible best not to fall for this deadly disease if infected.

Written by

Samuel Ezike