Debunking Medical Myths: The Truth Behind Sunscreen

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**Recommended Citation**  
Settecerri, Daniel; Gu, Unie; Nylund, Elsa; Dupati, Ajith; and Warren, Leah, "Debunking Medical Myths: The Truth Behind Sunscreen" (2022). *Patient Education Projects*. 310.  
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The source of these effects are the ultra-violet (UV) rays which the sun emits at intense and occasionally unseen magnitudes. Specifically, cloud-cover or relatively cooler weather may give the illusion that sunscreen usage is unnecessary, but the opposite may be true as UV light is able to penetrate cloud cover, and is sometimes amplified by cloud formations as it is reflected off these water-dense structures.

Most believe sun exposure evokes the need for sunscreen. However, sunlight itself is not the sole culprit of negative health effects caused by exposure.

Skin cancer is the most common form of cancer in the United States, and most cases are actually preventable by reducing exposure to UV light.

“Sunscreens inhibit the transmission of ultraviolet (UV) radiation into the skin by reflecting, absorbing, or scattering such radiation”

Avoiding the sun is the most effective way to prevent skin cancer and photo-aging, but when that is not possible sunscreen (SPF 30) can offer that protection. Therefore, it is a necessity to wear sunscreen year-round every day as it prevents both melanoma and non-melanoma skin cancer.