

## Think UV not Heat!

The sun's ultraviolet (UV) radiation is the major cause of skin cancer and the best source of vitamin D.

UV can't be seen or felt and can be damaging even on cool or cloudy days.

When the UV is forecast to reach 3 or above it indicates that exposure to the sun will damage skin and eyes and increase your risk for skin cancer.

Overexposure to the sun's ultraviolet rays is the most important preventable factor in the development of skin cancer. Skin cancer is largely preventable when sun protection measures against UV rays are used consistently.

However, many young people and adults do not consistently use sun protection measures and are unaware of the link between overexposure and health risks.



Appt. date:

Appt. time:

Providing a specialist approach to patient care with specialized doctors, lower cost, after work and Saturday appointments, convenient location and lots of parking.

### Our Services Include:

#### Clinical services

Digital Mammography  
Ultrasound  
Breast Biopsy  
Prostate Biopsy  
Bone Densitometry

#### Educational Services

SunSmart Programme  
LungSmart Programme  
FREE Wellness Talks  
In-house talk series

#### Supportive Services

Cancer Information Service (CIS)  
Call 232-2247 for cancer information & support

FREE Resource Center and Lending Library  
Over 700 health related books and DVDs



46 Point Finger Road, Paget, Bermuda

#### Centre's Hours:

Monday—Thursday 7:30am—6:00pm  
Friday 7:30am—5:00pm  
Saturday 2nd & 4th per month 9:am—1:00pm

T: (441) 236-1001 F: (441) 236-0880

[www.chc.bm](http://www.chc.bm)



## SunSmart UV Index

Your daily guide to  
SUN PROTECTION





## The UV Index

The UV Index is a useful tool to help the people take steps to reduce their exposure to solar UV radiation. It is reported as a prediction of the UV level at noon, although the actual UV level rises and falls as the day progresses.

The UV Index represents the amount of skin damaging UV radiation reaching the earth's surface at any instance of time.

### More facts about UV radiation

- The UV Index level may vary on any given day.
- There are three types of UV radiation: UVA, UVB and UVC.
  - UVA is principally responsible for aging of the skin
  - UVB and UVA are key contributors for skin cancer
  - UVC is blocked by the ozone layer
- Too much exposure to UV radiation and the number of sunburns experienced, especially during childhood, increases your risk of skin cancer.
- Exposure to UV radiation enables the body to produce vitamin D, an important nutrient in bone development and maintenance. A balance is required between UV radiation exposure for vitamin D production and protecting the skin from damage and skin cancer.
- Most people achieve adequate vitamin D levels through UVB exposure during typical day-to-day outdoor activities. In summer you just need to expose your face, arms and hands or the equivalent area of skin for a few minutes of sunlight each day on either side of the peak UV periods. Naturally dark skinned individuals need longer exposure.

## When should I use the UV index

The Bermuda Weather Service now posts a daily UV

Check for the UV Index when:

- Planning or participating in an outdoor activity or event
- Involved in recreational activities such as running, swimming, cycling or team sports
- Watching a spectator sport, such as tennis or cricket
- Working outdoors, or have responsibility for outdoor workers, or
- Responsible for children or adolescents and their outdoor activities.

Check out [www.weather.bm](http://www.weather.bm)  
for  
today's UV Index

## SunSmart Programme

Our SunSmart programme is a school and summer camp based programme. Our programme aims to increase the awareness of our youth about the importance of practicing SunSmart behaviors while outdoors. We also seek to influence individuals who are responsible for protecting others such as parents, teachers, friends and other family members with SunSmart behaviors.

Our ultimate goal is to prevent the dangerous outcomes of sun exposure such as premature aging, skin leathering and skin cancer. We strive to reach this goal by educating our youth and the community through our program. Studies show that most of the skin's damage occurs before the age of eighteen; it is vital, therefore that children in particular develop SunSmart habits early in life.

SunSmart is funded through our partnership with:



**NO PROTECTION  
REQUIRED**

You can  
safely stay  
outside!



**PROTECTION  
REQUIRED**

Seek shade during midday hours!  
Slip on a shirt, slop on sunscreen and  
slap on a hat!



**EXTRA  
PROTECTION**

Avoid being outside during  
midday hours!  
Make sure you seek shade!  
Shirt, sunscreen and hat  
are a must!