

July 2025 | UV Safety Month



Eye Health 🕶️

Studies show that long-term exposure to bright sunlight may increase the risk of cataracts and growths on the eye, including cancer. UV rays reflected off sand and water can cause eyes to sunburn, potentially resulting in temporary blindness in just a few hours. Don't forget to shield your eyes from the sun's harmful rays with 100% UV-blocking sunglasses and broad-brimmed hats.

Here are a few guidelines from the American Academy of Ophthalmology and the American Association for Pediatric Ophthalmology and Strabismus.

- Children's eyes should be checked regularly starting at birth through their teenage years when their eyes are changing and growing quickly.
- Have a complete eye exam by an Ophthalmologist once in your 20s and twice in your 30s.
- If you are 40 years of age or older, you should get a complete eye exam since this is the age when early signs of disease or changes in vision may appear. Exceptions to these guidelines include eye infection, injuries, sudden floaters and flashes or patterns of light, health conditions such as diabetes, a family history of eye disease or high blood pressure. It is important to find eye diseases early as early treatment can help preserve your vision.
- If you are 65 or older, make sure that you have your eyes checked every year or two. During these exams, your ophthalmologist will check for signs of eye conditions such as cataracts, glaucoma, and age-related macular degeneration.

Protecting Your Skin

If you have a darker skin tone, you might think you're protected from sun exposure and the likelihood of developing skin cancer, but that's not true.

Skin cancer can present itself in different ways for people of lighter skin tones, and can often be overlooked and undiagnosed until late stages of development. By the time it's discovered, it's often more difficult to treat.

There's a common misconception that darker skin tones provide full protection from sun exposure, but people of color should wear sunscreen everyday to protect their skin from sunburn. Skin cancers such as basal cell carcinoma and squamous cell carcinoma are on the rise.

Sunscreen has numerous other benefits that can help with conditions like hyperpigmentation, melasma, and melasma mustaches – all conditions that are characterized by dark spots or patches on the skin that are worsened by sun exposure.

Sunscreen reduces your risk for several types of skin cancers, but it also helps with a few other things:

- Some products that contain sunscreen also contain other ingredients that moisturize your skin all day long.
- Sunscreen also has anti-aging properties and helps reduce the likelihood of wrinkles.

Skin Cancer Prevention Tips

- Use sunscreen with an SPF of 30 or higher. If you are going to be outside for prolonged periods of time a sunscreen with an SPF of 50 or above is recommended.
- When you apply sunscreen, give it about five to 10 minutes to settle and blend in. But keep in mind that if you're in the pool or if you sweat a lot, you'll need to reapply sunscreen often, usually once every two to three hours.
- Be sure to perform a self-check every month for signs of skin cancer.
- See a dermatologist if you have questions about dark spots or a new growth that doesn't look like other ones or questions about skincare products.
- When in doubt, have a dermatologist check blemishes out. This includes dark spots

Scripture for the Month

"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." John 1:2 NIV

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Health & Wellness Ministry
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