

In the open air, a high UV index can cause three serious health risk. These are the consequences of being prepared.

## Skin cancer

When UV rays penetrate the skin cells, they can damage DNA and lead to genetic mutations that cause cancer and early aging. Moreover, the longer a person in life is in the sun without protection, the higher he has the risk of oncology. Damage to the skin associated with the effects of ultraviolet radiation can start after 15 minutes in the sun, and for this you do not have to burn out.

## Premature aging

There are two lengths of the waves of UV radiation. UVA is associated with the aging of the skin and with a tan, and the UVB - with sunburn.



FG Trade / Getty Images

## Cataract and macular degeneration

Up to 80% ultraviolet rays can penetrate through clouds. Therefore, do not forget to wear glasses even on cloudy days. A long-term exposure to UV radiation can cause the development of cataracts and macular degeneration. Choose sunglasses with the marking “100% protection from UVA/UVB” or “UV400”.

***News -in -law materials cannot be equated to the doctor’s prescription. Before making a decision, consult a specialist.***