

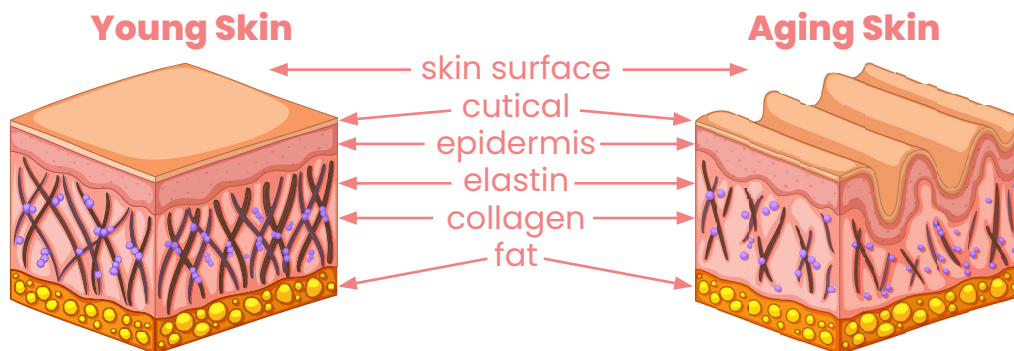
Aging on the inside and the outside, plus reminders about protecting the skin

Summer sunshine abounds in June! And without the extreme heat of July, it's a great time to be outdoors soaking up wonderful, bone strengthening vitamin D. Just remember simple sun safe tips.

Must-do sun safe sun reminders:

Whether you are a new believer in protecting your skin against harmful UV rays or have been a regular protector of your skin, it's never too late to take precautions to help ensure you don't get too much of a good thing.

- Wear wide brimmed hats
- Show us your shades – protect the eyes
- Wear loose-fitting, long-sleeved shirts to keep cool but protect the skin
- Make sunscreen a daily morning ritual
- Take breaks in the shade and eliminate extended sun exposure
- Hydrate, hydrate, hydrate
- Be sure medications don't interact with the sun



Intrinsic aging: As we advance in years, our skin's fat and water content diminishes, which allows UV light to penetrate and compromise our immune system. This makes us even more susceptible to cancers of all types.

Extrinsic aging: After retirement, we may intentionally spend more time outside doing our favorite activities. We inadvertently also expose our skin to more UV rays, as well as pollution, which also can compromise our immune systems.

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June



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