

DID YOU KNOW?

Discover some spectacular stuff about the sun and your skin with these fascinating facts...

- Too much sun can weaken your immune system.
- Use the Shadow Test—if your shadow is shorter than you, the sun is more likely to burn you.
- First exposure to tanning beds in youth increases melanoma risk by 75 percent.
- You would need 62.8 gallons of sunscreen to protect the historic faces on Mount Rushmore.
- Remember: A tan is a sign of damage—not health.
- The skin is the largest organ in the human body.
- The sun can cause eye damage like cataracts and melanomas of the eye area—always wear wraparound shades (sunglasses that fit close to your head and protect the area surrounding your eyes) that block 99-100 percent of UV rays!
- Too much sun makes you look old before your time.
- Don't forget to check the expiration date on your sunscreen—ingredients can become less effective over time. Use sunscreens within two years of the manufacturing date on the package.
- Simple, everyday sun exposure, like walking the dog or playing outside during recess, can cause sun damage to your skin. Wearing sunscreen everyday or a daily moisturizer that contains sunscreen can help protect your skin.
- Humans shed and regrow outer skin cells about every 27 days—that's almost 1,000 new skins in a typical lifetime!
- Every square inch of the human body has about 9,500,000 skin cells.
- By the age of 70, an average person will have lost 105 lbs of skin.
- Skin is about 70 percent water
- The medical term for goosebumps is "cutis ansirina."
- On earth's equator, the transition from day to night takes only minutes.