

# EFFECTS OF SUN-OVER EXPOSURE



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In order to synthesize (process) Vitamin D and provide calcium absorption for stronger and healthier bones, the body needs sun exposure. Due to the effects of carbon emissions in the atmosphere, the natural defense against the sun's harmful ultraviolet (UV) rays is reduced, which can harm the skin, and eyes, hinder the immune system, and can potentially cause cancer. This article will discuss the key health issues associated with excessive UV radiation exposure. Understanding the risks and taking sensible precautions will help you enjoy the sun while reducing the chances of sun-related health problems.

## Harmful Effects

- Actinic keratoses are skin growths that appear on sun-exposed parts of the body. These skin growths appear elevated, reddish, rough-textured growths.
- Immune System Suppression - Prolonged sun exposure causes accelerated ageing, causing the skin to thicken, wrinkle, and become leathery. This weakens the skin's ability to defend itself against overexposure to UV radiation.
- Cataracts is an eye condition that presents with clouding of clear lens Part of the eye. Other eye conditions caused by overexposure to the sun include:
  - Pterygium (tissue growth that can obstruct vision).
  - Degeneration of the macula (the area of the retina where visual perception is most intense) .
  - Photokeratitis which is momentary blindness caused by looking at the sun for long periods.



## Recommendation to Avoid Sun Exposure in Hot Weather

- Outdoor activities should be scheduled when the weather is cooler, such as in the morning and evening. Rest frequently in shaded areas so that your body can recover.
- Summer Dress code - Wear lightweight, loose-fitting clothing. Stay Cool Indoors: Stay as much as possible in an air-conditioned setting.
- Regardless of exercise level, drink extra fluids. It is advised to avoid extremely sweet or alcoholic beverages, as these dehydrate the body. Before drinking a sports beverage or taking salt tablets if you are on a low-sodium diet, have diabetes, high blood pressure, or other chronic diseases, see your healthcare professional.
- Sunscreen - Sunburn impairs your body's ability to protect itself. wear a wide-brimmed hat, sunglasses, and sunscreen with an SPF of 15 or higher. It is important to keep reapplying it according to the packaging guidelines.
- Monitor those at High Risk - While heat-related illness can affect anyone at any time, some people are more vulnerable than others:
  - Infants and young children.
  - People 65 years of age or older.
  - People who are overweight.
  - People who are physically ill, particularly those with heart disease or high blood pressure, or who are taking certain drugs for depression, sleeplessness, or poor circulation.



## References

1. Staff, Family doctor. org E., Rice, A. and familydoctor.org editorial staff, A.R. (2021a) Effects of sun exposure, familydoctor.org. Available at: <https://familydoctor.org/effects-early-sun-exposure/> (Accessed: 28 December 2023).
2. Sun Safety (2021) Johns Hopkins Medicine. Available at: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/sun-safety> (Accessed: 28 December 2023).