


炎夏肌膚保養術

SUN SAFETY SECRETS

When you and your family are out and about this summer, don't forget to take the all-vital steps for protection against the sun. In search of skin care tips and sunburn treatment from different perspectives, we spoke with Dr Ben Fong of Healthway Medical Centres and Maximum Care's veteran beautician Nancy Wong.

在炎夏進行戶外活動時，切記做好各種防曬措施，保護您的肌膚。我們分別訪問了健維醫療中心的家庭醫生方玉輝和Maximum Care的資深美容師黃文詩，從多角度找尋護膚心得，以及對曬傷皮膚的護理方法。



When exposed to the scorching sun without protection, the skin is as vulnerable as a peeled apple. It may get tanned, but it will also age rapidly. Dr Ben Fong, General Practitioner at the Healthway Medical Centres, says: "As sun rays contain heat, sun exposure symptoms are quite similar to burn symptoms. After sun exposure, the skin becomes red and swollen with a prickly pain. These symptoms tell us that the hypodermis (the layer of fat beneath the skin) is damaged and blisters may appear at the epidermis (the top layer of skin). Ultra violet rays not only darken the skin but also damage cell tissues. This accelerates aging and wrinkles appear. In serious cases it causes skin cancer."

Many people believe that sun protection is not needed on cloudy days or in indoor areas where the sun cannot be seen. However, Dr Fong disagrees: "This is wrong. Ultra violet rays exist everywhere: on both sunny and rainy days, both indoors and outdoors. Especially during outdoor activities such as skiing or swimming, ultra violet rays can reflect or refract through the water or snow even on a cloudy day."

Choose the Right Sun Block

According to a report published by the British medical journal *The Lancet*, sun protective clothing and hats not only offer better protection than sunscreen but also reduce the risk of skin cancer. "General protective means such as umbrellas, wide-brimmed hats, UV protective sunglasses and clothing can effectively shield most of the sun," says Dr Fong. "If the skin feels overheated during outdoor activities, gently dab the affected area or cover it with a moist towel to lower your body temperature. As for kids, wearing suitable clothing is the best method of protection as their skin is delicate. If sunscreen is necessary, choose products that have passed safety tests and smear

some onto your hands first to make sure you're not allergic to it."

How do you select the appropriate sunscreen? Maximum Care beautician Nancy Wong says: "Sunscreen products of SPF 20 to SPF 30 are enough for daily outdoor use. Note that the higher the SPF, the greater the risk of skin pores being blocked, hindering the skin's absorption of nutrients. It is best to apply sunscreen 15 minutes before going out so that the body has sufficient time to absorb it. In addition, choose sunscreen that contain titanium dioxide and zinc oxide. As these physical mineral particles can reflect sunlight, they will form a protective layer on the skin to effectively shield the skin against ultra violet rays. What's more, these substances are gentle in nature and will not cause damage to the skin."



Prevent Accelerated Aging

After exposure to the sun the skin gets sunburnt and may peel, leading to the skin's flexible tissues and collagen being destroyed. This causes aging problems such as dark spots and flabby or coarse skin. Nancy says: "To resist damage, choose skin care products that contain vitamin A and C as they suppress the activity of free radicals and successfully delay skin aging."



Apart from selecting the right skin care products, Dr Fong also recommends eating fruit and vegetables to absorb more beta-carotene, vitamin E and zinc and to enhance the discharge of waste materials. In addition, avoid coffee, tea, cigarettes, alcohol and other stimulating foods.

After Sun Care

On after sun care, Dr Fong says: "Mild sunburn can be treated by aloe vera gel or, according to doctor's instructions, applying aqueous cream, which is a moisture retaining medication for the skin. You can also apply a thin layer of butter or peanut oil to the affected area which can moisturise the skin and act as a protective layer against further damage. Drinking more water can reduce skin temperature and help to curb swelling or burning sensations. If swelling and blisters appear, see the doctor immediately; if the skin feels painful, take painkillers and anti-inflammatory medication as prescribed by the doctor."

As ultra violet rays can penetrate the skin and destroy healthy cells, it is equally important to take precautions both before and after exposure to the sun to speed up recovery. Nancy says, "As sunburnt skin has lost a lot of water, skin

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care products that contain aloe vera or a high water content are recommended. After a week you can start to use nutrient-rich skin care products. In summer, facial cleansers that contain saponin are recommended. It can effectively remove facial dirt and oil while retaining the skin's natural moisture. Using a facial mask that contains kaolinite twice a week can also help the skin stay clean and fresh."

Sun protection not only makes you look good, but also keeps your skin healthy. Good sun protection makes outdoor activities more enjoyable in the heat of summer!

皮膚在炎熱環境下，就像削了皮的蘋果一樣，如果沒有做好防曬措施，皮膚除了會被曬黑外，更會加快老化的速度。健維醫療中心的家庭醫生方玉輝表示：「由於陽光本身具有熱力，所以曝曬後的皮膚會出現紅腫及刺痛等情況，與灼傷皮膚有點類似。而皮膚出現這狀況已代表傷及真皮，嚴重的話更會在皮膚表層出現水泡。紫外線除了會使皮膚曬黑之外，還會破壞皮膚的細胞組織，加速皮膚衰老、出現皺紋，嚴重的話更會導致皮膚癌。」

一般人認為在陰天或處於室內時，由於看不見太陽，便不用為身體做防曬措施，但方醫生說：「這是不正確的，不論晴天雨天、室內室外，紫外線都是無所不在的，特別是進行滑雪或游泳等運動時，即使是在陰天進行，紫外線還是會透過水或雪反射或折射到我們的皮膚。」

慎選防曬用品

根據英國醫學刊物《刺針》(The Lancet)的一項報告指出，穿著具防曬功能的衣物及帽子比塗上防

