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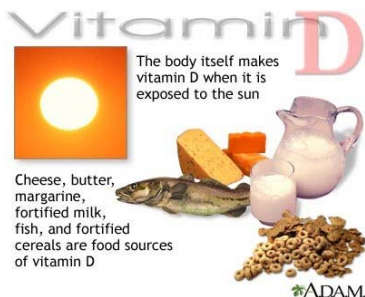
*Stay In The Know With
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You Are My Sunshine



To sunbathe, or not to sunbathe; that is the question...

We are always hearing the negative side of being in the sun; deep penetration of ultraviolet radiation (UVR), where it can contribute to skin cancer (Melanoma, Basal Cell and Squamous Cell), damage of collagen fibers, destruction of vitamin A in the skin, and acceleration of aging of the skin. According to the World Health Organizations (WHO), sun exposure might help treat several skin conditions, too. UV radiation exposure is recommended to treat Psoriasis, Eczema, Jaundice and Acne. All of the negative skin effects are from repeated overexposure to the sun's rays. No doubt about it, long term overexposure to the sun will damage skin cells. However, sunlight in small doses at a time is actually very beneficial for the body, both mentally and physically.



Getting anywhere from 5-15 minutes of sunlight on your arms, hands and face, 2-3 times per week is enough to enjoy the vitamin D-boosting benefits of the sun. At least 1,000 different genes governing virtually every tissue in the body are now thought to be regulated by 1.25-dihydroxyvitamin D₃, the active form of Vitamin D, including several involved in calcium metabolism, neuromuscular and immune system functioning. With this in mind, sun exposure can help prevent Rickets in children, Osteoporosis and Osteomalacia in adults, as well as help treat autoimmune disorders such as Lupus, Thyroiditis,

Rheumatoid Arthritis and Inflammatory Bowel Disease, although more studies are needed on the effectiveness of the treatment. Sun exposure has also been linked to reduced incidences of Colon CA, Hodgkin's lymphoma, Ovarian Cancer, Pancreatic Cancer and Prostate Cancer.

Exposure to sunlight is thought to increase the brain's release of the "feel good" hormone serotonin, as well as endorphins. Serotonin is associated with boosting mood and helping a person feel calm and focused. Without sun exposure, serotonin levels can dip which can be associated with a higher risk of major depression. In the winter months, when days are shorter, a type of depression known as Seasonal Affective Disorder (SAD) can occur. When your body produces adequate amounts of serotonin, it helps the body more effectively produce melatonin, the hormone that helps sleep. This cycle can help get a better circadian rhythm, leading to overall better health.



So, the answer to the question; to sunbathe or not to sunbathe? The short answer is "Yes, absolutely!" However, the long answer is, "Yes, absolutely, but remember to use a quality sunscreen of SPF 15 or greater when going to be exposed to the sun's rays for longer than 15-20 minutes." The risk of skin damage and skin cancer is all too real, and we have to take the good with the bad in this case. Get your sun in for a better mood and increase in vitamin D production, but cover up after 15 minutes to protect your outer shell.

Email us topics or specific questions that you would like us to cover.

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The following websites were referenced for this article:

<https://www.self.com/story/sunlight-benefits>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2290997/>

<https://www.healthline.com/health/depression/benefits-sunlight#sun-safety>



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United Security Assurance
Company of Pennsylvania
673 East Cherry Lane
Souderton, PA 18964

