

The Sun safety report

What you need to know to protect yourself and your family

BY LAMBETH LEIGH HOCHWALD

Summer, in all its blazing, sunny glory, is back! Lots of long, happy days of swimming, sailing, sunbathing, and beach volleyball spread out before us, right? Well, not quite — and you probably know the catch: Spending too much time in the sun is not only



bad for you, but can, in fact, be deadly.

Statistics show that not nearly enough of us are heeding the warnings of health professionals: This year, more than one million Americans will develop one of three forms of skin cancer. And though it may seem that the sun is just another addition to the lengthening list of what's bad for us, the news isn't all grim. It's still possible to have fun in the sun; we just have to be smart about it.