Could a week-long beach vacation equal half a year's sun exposure?

Americans make more than 400 million visits to the beach every year.¹

New 3D Modelling Study Shows Impact of Recreational UV Exposure

A full day spent exclusively at the beach or pool can yield up to 50 SED at multiple body sites. Head, chest, shoulders, and feet are light body sites that are particularly vulnerable to excessive UV exposure during various beach vacation activities, and the role behaviors such as clothing choice can have in mitigating exposure.

It is well established that UV light is a complete carcinogen and that excessive and chronic exposure can have detrimental effects on skin and by extension overall health. This work brings to light body sites that are particularly vulnerable to excessive UV exposure during various beach vacation activities, and the role behaviors such as clothing choice can have in mitigating exposure.

Insights on Skin Health Impacts of Recreational UV Exposure

A 50% UV exposure reduction can significantly reduce the risk of non-melanoma skin cancer (NMSC) risk by a factor of 2–4 for body sites with relatively high typical exposure. 8

ных данных на тему солнечного ожога.

В тексте использованы данные, полученные методами моделирования и компьютерной графики, позволяющие более точно определить опасные зоны и рекомендовать методы защиты.

**Results:**

**All body sites are vulnerable to high UV doses in the beach/pool setting**

<table>
<thead>
<tr>
<th>UV Exposure / Sunburn Risk Levels</th>
<th>Highest</th>
<th>Lowest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equivalent to 50x minimal erythemal dose</td>
<td>50x</td>
<td>1x</td>
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</table>

**Conclusion:**

Week-long beach vacations, while comprising only a small fraction of a person’s annual UV exposure, can be impacted by behavior. High UV exposure doses in the beach/pool setting can be impacted by behavior.

References: