



Experts Warn Higher SPF Isn't Always Better

Description

It is now the season for sunscreen, as warmer weather encourages many people to spend more time outdoors. Experts stress the importance of daily sun protection, especially as skin health can deteriorate from years of sun exposure. Board-certified dermatologist Dr. Shannon Humphrey explains that the effects of ultraviolet (UV) radiation accumulate over time, leading to future skin issues such as wrinkles and even skin cancer.

For those who are active outside, it's crucial to apply sunscreen regularly. While many may have skimped on sunscreen use in their youth, it is never too late to start. The focus should shift from simply preventing sunburn to reducing cumulative skin damage.

Common mistakes with sunscreen include under-application and forgetting to reapply. Dr. Humphrey points out that many people don't use enough product, which can severely reduce effectiveness. To achieve the protection level indicated on the label, approximately a quarter of a teaspoon should be used on the face and about an ounce for the rest of the body.

Additionally, individuals often overlook reapplication. Claire O'Bryan, co-founder of Skin Clique, highlights that sunscreen should be reapplied every two hours, particularly after swimming or sweating, and that high-risk areas such as the ears and neck are often neglected.

Lastly, using expired sunscreen can also be detrimental; products can lose their effectiveness over time, underscoring the need to check expiration dates regularly. By choosing a broad-spectrum sunscreen with an SPF of 30 or higher, applying adequately, and making it part of a daily routine, individuals can maintain healthy skin throughout the year.

Vocabulary List:

1. **deteriorate** //dɪ'tɪriə, reɪt// (verb): become worse or less healthy over time
2. **accumulate** //ə'kju:mjə, leɪt// (verb): gather or build up slowly over time
3. **ultraviolet** //,ʌltrə'vaɪələt// (adjective): light from the sun you cannot see
4. **reapply** //,ri:ə'plɑɪ// (verb): apply again, especially after swimming or sweating
5. **expired** //ɪk'spaɪəd// (adjective): no longer good because past the date
6. **effectiveness** //ɪ'fektɪvnəs// (noun): how well something works or protects

Comprehension Questions



Multiple Choice

1. What is the recommended SPF for sunscreen to maintain healthy skin?
Option: 15
Option: 30
Option: 50
Option: 100

2. How often should sunscreen be reapplied, according to Claire O'Bryan?
Option: Every hour
Option: Every two hours
Option: Every three hours
Option: Once a day

3. What percentage of a teaspoon is approximately recommended for applying to the face?
Option: One-eighth
Option: One-quarter
Option: One-half
Option: One-full

4. What can cumulative sun exposure lead to, according to Dr. Shannon Humphrey?
Option: Brighter skin
Option: Fewer wrinkles
Option: Skin cancer
Option: No effects

5. What should be checked regularly to ensure sunscreen effectiveness?
Option: Color
Option: Brand
Option: Expiration date
Option: Scent

6. What type of sunscreen is recommended for skin protection?
Option: Waterproof sunscreen
Option: Broad-spectrum sunscreen
Option: Organic sunscreen
Option: Kids sunscreen



True-False

7. It is never too late to start using sunscreen.
8. One should only apply sunscreen when swimming.
9. Applying a large amount of sunscreen is more effective than a small amount.
10. Sunscreen needs to be reapplied more frequently after sweating or swimming.
11. Dr. Shannon Humphrey believes that UV radiation effects do not accumulate over time.
12. Common mistakes include under-application of sunscreen.

Gap-Fill

13. The effects of ultraviolet (UV) radiation accumulate over time, leading to future skin issues such as wrinkles and even skin _____ .
14. To achieve the protection level indicated on the label, approximately a _____ of a teaspoon should be used on the face.
15. Sunscreen should be reapplied every two hours, particularly after _____ or sweating.
16. Using _____ sunscreen can lose effectiveness over time.
17. Individuals should choose a broad-spectrum sunscreen with an SPF of 30 or _____ .
18. Common mistakes with sunscreen include under-application and forgetting to _____ .

Answer

Multiple Choice: 1. 30 2. Every two hours 3. One-quarter 4. Skin cancer 5. Expiration date 6. Broad-spectrum sunscreen

True-False: 7. True 8. False 9. False 10. True 11. False 12. True

Gap-Fill: 13. cancer 14. quarter 15. swimming 16. expired 17. higher 18. reapply



Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What substance in the body is often linked to heart disease when levels are too high?
Option: Glucose
Option: Protein
Option: Cholesterol
Option: Sodium
2. What type of radiation from the sun can cause skin damage?
Option: Infrared
Option: Visible
Option: Ultraviolet
Option: Microwaves
3. Which type of food typically contains additives and preservatives?
Option: Unprocessed
Option: Natural
Option: Organic
Option: Processed
4. What term describes structures that are on the order of nanometers?
Option: Macroscopic
Option: Nanoscale
Option: Microscopic
Option: Subatomic
5. What type of fat is typically solid at room temperature and found in animal products?
Option: Unsaturated
Option: Polyunsaturated
Option: Monounsaturated
Option: Saturated
6. What term describes the date after which a product should not be used?
Option: Production date
Option: Shelf life
Option: Expiration date
Option: Best before
7. What do we call vitamins and minerals necessary in small amounts for health?



- Option: Macronutrients
- Option: Electrolytes
- Option: Micronutrients
- Option: Carbohydrates

8. What is a proposed explanation for a phenomenon that can be tested?

- Option: Theory
- Option: Fact
- Option: Observation
- Option: Hypothesis

9. What term refers to the ability to recover quickly from difficulties?

- Option: Fragility
- Option: Durability
- Option: Resilience
- Option: Inflexibility

10. What economic term describes the increase in prices over time?

- Option: Deflation
- Option: Recession
- Option: Stagnation
- Option: Inflation

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Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. After swimming, it is important to _____ sunscreen to maintain protection from UV rays.

12. Plants convert sunlight into energy through a process called _____ .

13. The infected individual was _____ to prevent the spread of the virus.

14. If left untreated, the condition may continue to _____ over time.

15. In public health, _____ is essential to monitor the spread of diseases.

16. Over time, waste can _____ in our oceans, harming marine life.

17. Free radicals can lead to _____ stress, damaging cells in the body.



18. It's important to gather information from _____ sources to avoid misinformation.
19. The museum displayed several _____ artifacts from early human civilizations.
20. Humans are classified as _____ creatures due to their biological characteristics.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Oxidative stress is linked to aging and various diseases.
22. Processed foods often contain high levels of preservatives and added sugars.
23. At the nanoscale, materials exhibit unique physical and chemical properties.
24. Cholesterol levels can be affected by diet and lifestyle choices.
25. Individuals diagnosed with certain infectious diseases are often quarantined.
26. A hypothesis must be testable and falsifiable in scientific research.
27. Photosynthesis is crucial for converting sunlight into chemical energy in plants.
28. Resilience allows individuals and communities to bounce back from adversity.
29. If not properly maintained, buildings can deteriorate over time.
30. Public health surveillance helps identify and respond to health threats.

Answer

Multiple Choice: 1. Cholesterol 2. Ultraviolet 3. Processed 4. Nanoscale 5. Saturated 6. Expiration date
7. Micronutrients 8. Hypothesis 9. Resilience 10. Inflation

Gap-Fill: 11. reapply 12. photosynthesis 13. quarantined 14. deteriorate 15. surveillance 16. accumulate
17. oxidative 18. reputable 19. ancient 20. mammalian

Matching sentence: 1. oxidative 2. processed 3. nanoscale 4. cholesterol 5. quarantined 6. hypothesis
7. photosynthesis 8. resilience 9. deteriorate 10. surveillance

CATEGORY

1. Health - LEVEL5

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1. better sunscreen
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5. Level 5
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