

## 《防晒霜,你真的会涂吗?》

导读:防晒霜,MM们都不陌生吧,可是用这了么多年,你真的会涂吗?看看专家怎么说。



Millions of us could be putting our lives at risk by not applying sunscreen properly , experts have warned.

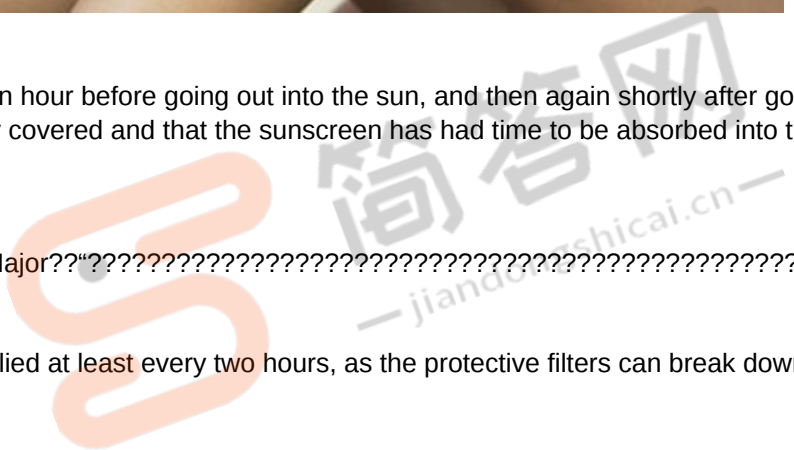
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An online poll from the British Association of Dermatologists (BAD) revealed eight out of 10 Brits don't apply sunscreen before going out in the sun. What's more, 70% of us aren't reapplying the protection every two hours.

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The findings follow last weekend's heatwave and skin experts say we should be more careful to check we're protected before sunning ourselves.

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Although getting a tan looks great, prolonged exposure can increase the risk of developing melanoma - the deadliest form of skin cancer.

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Skin cancer is the most common cancer in the UK and rates have been climbing since the 1960s.

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Every year over 250,000 new cases of non-melanoma skin cancer – the most common type – are diagnosed, in addition to over 13,000 new cases of melanoma, resulting in around 2,148 deaths annually.

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"While we have succeeded in making people aware of the link between sunburn and skin cancer, we have more work to do in teaching people how to use sunscreen properly," said Mr. Major.

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