**Protect Your Skin with Sunscreen**

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Millions of people are diagnosed with skin cancer each year because they spend too much time outside without sunscreen. Not only could sunscreen save your life, but it will prevent the ultraviolet rays from damaging your cells and DNA.

People can get a leathery look to their skin by not using sunscreen. Although Americans value the appearance of a tan and often achieve it by laying in the sun unprotected for hours at a time, this will only lead to a temporary improvement in their self-esteem. You are much better off embracing your natural skin tone and soaking up the sunshine in small doses.

If you struggle with crow's feet, wearing protective eyewear outside can help improve the appearance of the skin around your eyes since you won't have to squint in the bright sunshine to see better.

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