

The Dangers of the Sun on the Skin

(Antimed / YouTube)

☐ https://www.youtube.com/watch?v=wEQ8gJLrbhk&feature=share_email

The skin uses sunlight to help manufacture vitamin D , which is important for normal bone formation.
(fabriquer)

But there's a downside: the sun's ultraviolet light can cause major damage to the skin.
(côté négatif / inconvénient)

The outer layer of the skin has cells that contain the pigment, melonin. Melonin protects skin from
(la couche supérieure)

the sun's ultraviolet rays. These can burn the skin and reduce its elasticity leading to premature aging.
(entraînant)

People tan because sunlight causes the skin to produce more melonin and darken.
(bronzent) (foncer)

The tan fades when new cells move to the surface and the tanned cells are sloughed off.
(le bronzage disparaît. "fade" = "se faner") (débarrassées)

Some sunlight can be good as long as you have proper protection from overexposure.
(tant que) (surexposition)

But too much ultraviolet – or UV exposure – can cause sunburn.
(coup de soleil)

The UV rays penetrate outer skin layers and hit the deeper layers of the skin, where they can damage
(les couches plus profondes)

or kill skin cells. People, especially those who don't have much melonin and who sunburn easily, should protect themselves.

You can protect yourself by covering sensitive areas, wearing sunblock, limiting total exposure time
(en couvrant les régions sensibles) (en appliquant une crème solaire)

and avoiding the sun between 10 am and 2 pm.
(en évitant)

Frequent exposure to ultraviolet rays over many years is the chief cause of skin cancer.
(pendant plusieurs années)

And skin cancer should not be taken lightly.
(à la légère)

Check your skin regularly for suspicious growths or other skin changes. Early detection and treatment
(excroissance suspecte)

are key in the successful treatment of skin cancer.



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Exercise: fill in the blanks with the correct words

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