


Outdoor health tips from the Posse:

# Early Season Sunburn

June is an interesting time to live in Colorado, as far as the weather goes. It can be near summer like here in town, while still winter like in the mountains. All of this can be very confusing to a person's body.

Back in my teenage years, a friend and I headed up to central Wyoming for a fishing trip. We left Colorado in mid June, with temperatures nearing the upper 80s. The trip took us to the Wind River, with visions of large trout dancing in our heads.



**Mark Rackay**  
Tips from the Posse



**It may seem like spring but a bad sunburn this time of the year is a real possibility. Be sure to take precautions before you head outdoors.** (Special to the Montrose Daily Press/Mark Rackay)

bly because of the many years I spent on the water in the Florida Keys.

Over the long winter months, the tan fades away, leaving behind a nice light colored skin that is just begging to get burned badly if it is exposed without sunscreen. And that is just what usually happens to me. By the time I think about sunscreen, it is too late. Bring on the Aloe Vera Gel.

Another reason for the sun problems during the late spring is the angle of the sun. As the sun reaches a more direct angle to the earth, the UV radiation strengthens. During the weeks preceding the summer solstice, that angle of the sun becomes more and more direct. Late spring and early summer are when the UV rays are at their greatest intensity.

A snowy day can be worse than a clear and sunny one. Ask any skier about getting sunburn on a ski slope during the winter months. Snow can reflect up to 90 percent on the sun's UV rays, very similar to water surfaces. You can actually get a worse burn on a snowy springtime ski slope, than you can on an August beach on a clear day.

The sun does do some very good things for us. For example, the sun provides us with Vitamin D. It is absorbed through the skin and converted to a state we can use. Vitamin D is involved in the use of calcium in the body and is important for the maintenance and creation of bones. It requires about 30 minutes exposure to sunlight daily to fill that need. After a long winter indoors we probably need a fair dose of sunlight.

Sunburns usually take a full 12 hours in order for you to feel the full fire. In the spring, when your skin is extra sensitive, you may feel the effects sooner. By the time you feel the burn on your skin, it is too late to prevent it.

Mild sunburns leave your skin hot, red and sore. Sometimes small blisters may appear but the pain usually subsides in 24 to 36 hours. This is the usual spring sunburn because our time exposed outdoors, is usually shorter than during the summertime.

More severe sunburns can cause headaches, fever, chills and vomiting, and the soreness can last for days. I

have had a few of those burns during my fishing days in the Florida Keys. The sun reflects off the water, getting you from both directions. While bad sunburns are not usually fatal, they sure hurt like the dickens.

Sunburn is something that you would be better off preventing than treating. Use a sunscreen with an SPF rating of 30 or higher. Sunscreen must be applied several times during the day, and more often if you get wet or perspire.

My problem is that I never remember the sunscreen until the next day, when I have the sunburn. Apply the first coat of sunscreen before you leave the house and carry the bottle with you in your pack. By late morning, it is time for another coat of sunscreen.

The strength of the UV rays intensifies by five percent for every 1,000 feet of altitude above 5,000 feet. If you are up in the high country you must be extra careful. Often times in the spring, there is snow on the ground in certain areas of the high country. Pay special attention when you recreate in those areas that you cover up and use extra sunscreen.

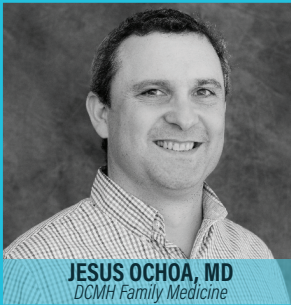
Wearing a hat that covers your ears is always a good idea in the sun. Long sleeve shirt will help protect your arms from the sun. They are many types of outdoor clothing available now that are lightweight and carry an SPF factor built into them.

Maybe I am just excited to be back in the mountains padding around again, after so many cold months. I really need to remember that sunscreen because my annual springtime sunburn is getting a little old. One would think I could remember the sunscreen after all those burns. Good thing I have a huge supply of Aloe Vera Gel in the refrigerator.


*Mark Rackay is a columnist for the Montrose Daily Press and an avid hunter who travels all across North America in search of adventure, and serves as a director and public information officer for the Montrose County Sheriff's Posse. For information about the Posse call 970-252-4033 (leave a message) or email info@mcspi.org.*

## JUNE IS MEN'S HEALTH MONTH

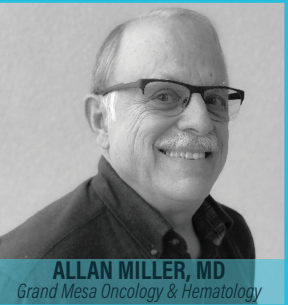
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DCMH Family Medicine



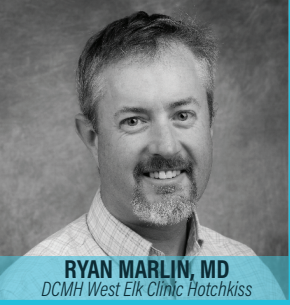
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Internal Medicine Associates




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Grand Mesa Rheumatology



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DCMH West Elk Clinic Hotchkiss



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DCMH Pulmonary Clinic

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PLEASE GO TO [DELTAHOSPITAL.ORG](http://DELTAHOSPITAL.ORG) FOR A FULL LIST OF SERVICES, CLINICS AND DOCTORS.

**WANT TO SEE THESE STATS CHANGE?**

- On average, men live about 5 years less than their female counterparts
- Men have a higher death rate for most of the leading causes of death, including cancer, heart disease, diabetes and suicide
- 1 in 2 men will develop cancer in their lifetime
- Men make ½ as many physician visits for prevention as women

**SCHEDULE A CHECKUP TODAY!**  
do it for yourself and for those who count on you

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1501 E 3rd St  
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**Internal Medicine Associates**  
1450 Burgess St  
970.874.7668  
*\*\*Cardiology Services available July 2019 at this location\*\**


**Grand Mesa Oncology & Infusion Center**  
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970.874.5777  
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**West Elk Clinic Hotchkiss**  
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**5K / 10K COLOR RUN / WALK**  
**1 MILE SHUFFLE**

**SATURDAY, JUNE 29**  
**Valley Manor Care Center**  
1401 S Cascade Ave, Montrose

**Registration Starts 7:00am**  
**Races start 8:00am**

**REGISTRATION AVAILABLE AT VALLEY MANOR CARE CENTER**

**Pancakes and Live Entertainment 9:30 - 12pm**

**\$35 pp Including Shirt, while supplies last**

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Phase 2 of remodeling the dining experience in Memory Care so our residents can participate in preparing and cooking meals like they once provided to their families.

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Contact Debra at 970-249-9634 or [dhayre@voa.org](mailto:dhayre@voa.org) with questions.