

# Dr. Durrans of Mountain Peaks Family Practice Shares Four Reasons to Wear Sunscreen This Summer (and Beyond)

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OREM, UTAH, UNITED STATES, June 10, 2022 /EINPresswire.com/ -- Most people roll their eyes when reminded to wear [sunscreen](#). Mountain Peaks Family Practice advocates wearing sunscreen to avoid the potentially damaging effects of sun exposure year-round and not just in the summer.

"Everyone should be wearing sunscreen no matter their skin tone," said Dr. Durrans, lead physician at Mountain Peaks Family Practice. "Even ancient Egyptians understood the importance of protecting themselves from the sun by applying rice bran and jasmine to shield the skin. Protection today is better and far more convenient."

"Your mother was right for reminding you to wear and reapply sunscreen when you were growing up – and even maybe now," said Durrans. "Wearing sunscreen year-round can have life-long positive effects on one's health."

Nowadays, with modern sun protection solutions, most people take for granted just how important it can be. Even on cloudy days, one can be exposed to 80 percent of the sun's rays. The same goes for snow, which can reflect up to 80 percent of [UV rays](#). Basically, you should always wear sunscreen, no matter the weather.

Below are four of the top reasons to wear sunscreen this summer (and beyond).

- Protects Skin from UV Rays: As ozone layers weaken, the sun's harmful rays reach earth with more force than ever. Sunscreen blocks UV rays, reducing the risk of sun damage and sunburn.



Use at least 15 SPF but anything over 30 SPF will do a much better job at protecting the skin.

- Lowers Risk of [Skin Cancer](#): In the United States, skin cancer is the most common type of cancer. According to the Center for Disease Control and Prevention (CDC), in 2013 there were 71,943 individuals diagnosed with melanomas, over 9,000 of which were fatal. Daily sunscreen use can cut these risks in half.

- Prevents Premature Skin Aging: UV damage from sun rays can cause the skin to age prematurely. This can cause the skin to become thick, leathery, discolored, and break down faster (causing wrinkles and sagging).

- Maintain an Even Skin Tone: Wearing sunscreen can help to prevent discoloration and dark spots that are

caused by sun damage. This helps to maintain a smoother and more even skin tone over the course of one's life.



For questions about skincare and overall well-being, contact Mountain Peaks Family Practice.

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*Dr. Rob Durrans, lead  
physician at Mountain Peaks  
Family Practice*

#### About Mountain Peaks Family Practice

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Mountain Peaks Family Practice has been servicing Utah Valley patients for many years. Since our beginnings, we have grown to be an amazing family practice today. We offer a variety of services to ensure that you and your family are properly cared for. Our services span all ages and a wide range of medical needs. We are the simple solution for families.

We understand the importance of having a team of professionally trained doctors, nurses, and staff to care for you and your family. Learn more about our personable

and professional team members who look forward to assisting you with all of your healthcare needs.

To find out more about the services we offer and the doctors on staff, please visit <http://mountainpeaksfamilypractice.com>.

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