

# THE SKINNY ON SUNSCREEN

## LEARN OR GET BURNED

People need a certain amount of exposure to the sun for the production of vitamin D – a necessary nutrient for healthy aging, immune function, bone density, and antioxidant protection. But too much sun can lead to:

**PREMATURE AGING, SKIN DAMAGE, AND ULTIMATELY SKIN CANCER!**

**76**  
thousand



TOTAL CASES OF MELANOMA (THE MOST SERIOUS FORM OF SKIN CANCER) EXPECTED TO BE DIAGNOSED IN THE UNITED STATES IN 2014.

TOTAL NUMBER OF NON-MELANOMA SKIN CANCER CASES DIAGNOSED EACH YEAR IN THE UNITED STATES

**3.5**  
million



## HOW MUCH SUNSCREEN SHOULD YOU USE?

### FACE

Use a penny-sized amount of sunscreen on your face. Remember the hairline, exposed scalp, tops of the ears and even your eyelids (areas most people forget).



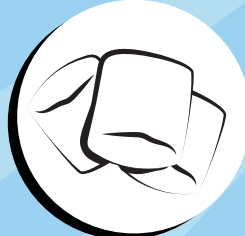
### NECK & CHEST

Apply the size of two almonds to fully protect this area.



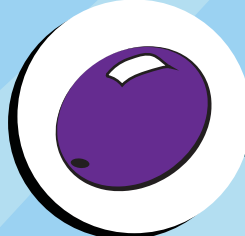
### BACK & SHOULDERS

Measure out a squeeze of sunscreen roughly equivalent to the size of three mini marshmallows to completely cover this high-profile area.



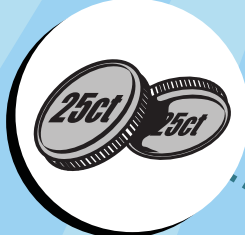
### STOMACH

Use a dollop the size of a grape to provide adequate coverage to your midsection.



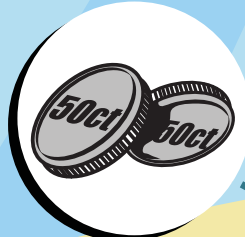
### ARMS & HANDS

Use about two quarter-sized rounds of lotion, one for each arm. Remember to apply sunscreen to the under arm area and the tops of your hands.



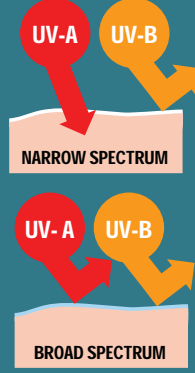
### LEGS & FEET

Two half dollar-sized blobs of sunscreen, one for each side, protects from the top of your legs on down



### What to look for in a Sunscreen:

- Use a **BROAD SPECTRUM** sunscreen to protect you from UVA and UVB rays.
- UVB rays damage the surface of the skin and are the main cause of skin reddening and sunburn.
- UVA rays penetrate the skin more deeply than UVB rays.
- UVA is the 'tanning' ray that over time causes premature aging, skin damage, wrinkling, imperfections and mutations that can lead to skin cancer.
- A broad spectrum sunscreen offers protection from all UV light.



### What to Look For In a Sunscreen:

- SPF is the Sun Protection Factor that measures the sunscreen's ability to prevent UVB rays from damaging the skin.
- New FDA guidelines recommend using a sunscreen with a sun protection factor (SPF) 30 or higher.
- Higher SPF numbers mean slightly more protection.
- Sunscreen is only effective when applied every 80 minutes.
- No sunscreen protects you completely.
- The FDA requires any sunscreen below SPF15 carry a warning that it only protects against sunburn, not skin cancer or skin aging.

The FDA requires any sunscreen with SPF below 15 to carry a warning that it only protects against sunburn, not skin cancer or skin aging. No sunscreen protects you completely.

SPF  
**15**

filters 93% UVB

SPF  
**30**

filters 97% UVB

SPF  
**50**

filters 98% UVB

SPF  
**100**

filters 99% UVB

### Important Facts to Remember:

- Sunscreens should be applied 30 minutes before sun exposure.
- No sunscreen, regardless of strength, will remain effective without reapplication.
  - Reapply sunscreen at least every 80 minutes and immediately after swimming, toweling, or sweating.
  - Never use expired sunscreen.
  - All sunscreen products are stamped with an expiration date – check for it on the bottom of the product or stamped on the label.
  - Always store sunscreen in a cool, dry place.

#### References:

The American Cancer Society: Stay Safe This Summer | Skin Cancer Foundation: Sunscreens Explained  
<http://www.healthyskinsolutions.com/sunscreen/http://www.healthyskinsolutions.com/sunscreen-new-guidelines-this-summer/>  
 Frequently Asked Questions About Sunscreen (healthyskinsolutions.com) | Signs of Sun Damage & How to Prevent Sun Damage (healthyskinsolutions.com) | Sun Damaged Skin (healthyskinsolutions.com) | Professional Treatment of Sun Damaged Skin (healthyskinsolutions.com) | Repairing Sun Damaged Skin (healthyskinsolutions.com)

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