

Wear Sunscreen



You've gotten the message. After all, everyone from your doctor to your mother to Laura Bush is telling you to wear it.

So, you know to wear sunscreen, but what you don't know is how to pick sunscreen.

In stores, you are faced with every sunscreen under... well, the sun. Waterproof, water resistant, and sweatproof. Hypoallergenic and non-comedogenic. Lotions, sprays, and creams. SPF 4, SPF 70, and everything in between.

The truth is that not all sunscreens are created equal, and the American Cancer Society (ACS) and the Centers for Disease Control and Prevention (CDC) are here to help.

Here are some tips to help you choose the right product:

- Pick a sunscreen that provides some protection against both UVA and UVB rays. Look for ingredients oxybenzone, avobenzone, parsol 1789, mexoryl, zinc oxide, or titanium oxide.
- Use at least a skin protection factor (SPF) of 15. This number indicates the sunburn protection provided.
- If swimming or sweating, pick a product labeled "waterproof," which provides at least 80 minutes of protection. Products labeled "water resistant" may only provide 40 minutes.
- If you have sensitive skin, choose a sunscreen labeled "hypoallergenic" or "dermatologist tested" and test a small amount on your skin for three days.
- Choose a different sunscreen for your face, one that is non-stinging or specially formulated for the face.
- If you have oily skin or are prone to acne, use a water-based sunscreen.
- Expensive sunscreen does not always equal better sunscreen.

After you find the perfect sunscreen, remember that no sunscreen provides total protection.

Apply generously 20 to 30 minutes before going outside, reapply every two hours or after swimming or perspiring, and avoid peak sun hours between 10 am and 4 pm.

You can find more information at www.myfamilywellness.org



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