

Fun Facts about Sunscreen:

- Using an SPF of 15 or more in the first 18 years of life decreases your risk of skin cancer by 80%
- Skin cancer is the most common type of cancer in the united states.
- Any sunscreen with an SPF higher than 50, works the same as SPF 50. Therefore, buying a product with SPF of 75 would not provide you more protection.
- The FDA has told manufacturers that they are no longer able to label sunscreens as sunblock, waterproof, or sweatproof. Instead, they must be labeled as sunscreens and may only be called sweat or water-resistant. This change was made because the previous labeling implied that the product provided more coverage than it actually did.
- Children younger than 6 months should avoid sun exposure altogether and wear protective clothing instead of sunscreen. Only small areas like the face should be covered with sunscreen.

Questions?

If you have questions about sunscreen use, please talk to your doctor or pharmacist. They will be happy to answer any questions that you may have.

Summary:

- Only use a broad spectrum sunscreen with an SPF of 15 or more.
- Apply as evenly as you can at least 15 minutes before being in the sun.
- Reapply sunscreen at least every 2 hours. Reapply sweat/water-resistant sunscreen every 40-80 minutes while sweating or swimming.
- Don't forget about the commonly missed areas such as the tops of the feet, back of the neck, ears, and lips.
- Remember that even on a day that is mostly cloudy, you can still get a sunburn!

References: www.cdc.gov and www.clinicalpharmacology.com



SUNSCREEN

[Safety, Tips, and Tricks]



Sunscreen protects against the following:

- Sunburn
- Skin Cancer
- Wrinkles
- Early skin aging
- Cold sores
- Fever Blisters



Apply sunscreen evenly and liberally at least 15 minutes before being in the sun. Note: if you are using a sunscreen spray, the spray should be rubbed into the skin.

Reapply sunscreen at least every two hours and even more frequently if you are swimming or sweating.

Pick a sunscreen with the following:

- Broad Spectrum Coverage
- SPF greater than 15
- Sweat or water resistant (optional)

Don't forget about lip balm with SPF as well!

Remember to cover areas that are commonly missed such as the tops of your feet, back of the neck, and ears.

Apply lip balm with an SPF of 5 or more, 45-60 minutes before and during time spent in the sun. Reapply the lip balm after eating and drinking as well.

How to treatment sunburn:

- Drink plenty of water
- Soothe burns with a cool bath or cool, wet cloths
- Apply a moisturizer such as aloe
- Do not go back into the sun until the burn is healed

Skin Cancer can be prevented through the use of sunscreen (of an SPF of 15 or greater) combined with other sun protection methods.

Sun protection methods include limiting sun exposure, especially between 10am and 2pm and limiting exposure to other sources of UV rays, such as tanning beds.
