

Lifestyle

Important to check
sunscreen
expiration date and
store in a cool
place

All About Sunscreen

It is important to safeguard your skin against skin cancer and sun damage. When sunscreen is used correctly it can:

- Help prevent premature skin aging such as wrinkles, sagging skin and age spots
- Decrease your risk of precancers and skin cancers

When used correctly studies have shown that regular use of SPF 15 sunscreen, can reduce the risk of developing squamous cell carcinoma by 40%. Everyone should use sunscreen everyday including children and babies over 6 months. Under the age of 6 months babies should be protected with proper clothing, kept in the shade and out of the sun.

What does SPF mean?

SPF stands for Sun Protection Factor. It is the time in minutes that it would take for your skin to start burning once applied. If you apply SPF 15, it would take 15 times longer for your skins to burn than if you had no protection. If it normally takes 10 minutes for you to start burning SPF 15 would theoretically give you 150 minutes of protection.

- **SPF 30 blocks about 97% of UVB rays**
- **SPF 50 blocks about 98% of UVB rays**
- **SPF 100 blocks about 99% of UVB rays**



Broad-Spectrum Protection

In the past information on UVB protection was only included on most sunscreens. Nowadays because the dangers of UVA are well known, sunscreens provide clear information on product labels about UVA and UVB.

UVA - ultraviolet radiation can penetrate the middle layer of skin (dermis) contributing to skin aging, wrinkles and cancer. This has a longer wavelength can penetrate windows and clouds. The percentage of the sun's UV rays is about 95%. There are also UV rays from tanning beds.

UVB - rays are responsible for causing sunburn. This can damage the outermost layers of the skin and the DNA. Contributes to skin cancer and to premature aging. The percentage of the sun's UV rays is about 5%. There are also UVB rays from tanning beds.

It is important to reapply sunscreen every two hours and immediately after sweating or swimming.