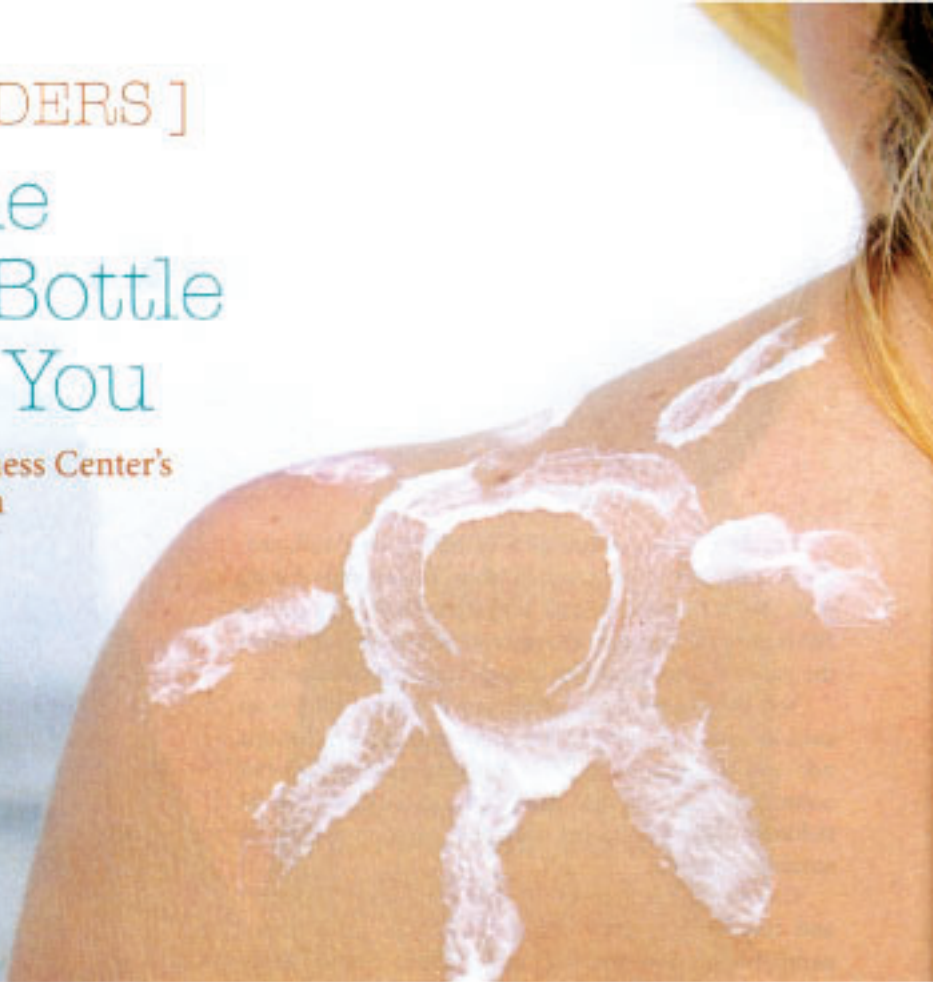


[DOCTOR'S ORDERS]

What the Sunscreen Bottle Won't Tell You

Sun Safety with Legacy Wellness Center's
Dr. Spencer Rozin



Know the Basics

SPF stands for "sun protection factor." It is a measure of a sunscreen's ability to decrease the risk of sunburn. If your skin would normally begin to turn red after 20 minutes in the sun, a product with SPF 15 would increase the time it would take to burn by 15 times.

Sunlight is composed of different forms of ultraviolet (UV) light. UVB is most commonly associated with skin reddening or burning, along with increasing the risk for skin cancer. UVA is typically associated with skin aging, leathery, wrinkling, and sagging, though it is also associated with skin cancer.

SPF refers only to the ability of the sunscreen to block UVB rays, not to the damaging effects of UVA rays. So you may still have an increased risk of skin damage and cancer even if you don't get a sunburn.

Q: Is SPF 50+ really any more effective than SPF 15?

Dr. Rozin: SPF 15 will typically block 93 percent of UVB rays, SPF 30 blocks up to 97 percent, and SPF 50 blocks up to 98 percent. No sunscreen is 100 percent effective in blocking all UVB rays. SPF over 50 is usually not that much more effective than SPF 50. Although SPF 50 is more effective than SPF 15 in blocking UVB rays, this usually only comes into play with people who are very sensitive to the sun.

Q: What is "incidental sun exposure"? And what is the real risk?

Dr. Rozin: Incidental sun exposure accounts for up to 80 percent of our total lifetime sun exposure. We get this exposure through any type of outdoor activity (walking, playing sports, driving in cars, and by being in front of untinted windows that don't block UVA). For this reason, many dermatologists recommend using SPF 15 on a daily basis.

Q: Is the reapplying rule a marketing scheme to sell more sunscreen? How much and how often?

Dr. Rozin: Most sunscreens will last for about one and a half to two hours before needing reapplication. You should put sunscreen on 15 to 30 minutes before sun exposure to allow time for the chemicals in the sunscreen to bind to your skin, then every two hours thereafter. Most people do not use enough sunscreen when putting it on which will limit its SPF value, despite what the value is on the label of the product. You should use at least 1 ounce of sunscreen per body application.



Q: Which is the best sun protection for my family at the beach? Sunscreen? A hat or clothing? An umbrella or parasol?

Dr. Rozin: Using long sleeve clothing, broad brimmed hats, and umbrellas can significantly decrease UV ray exposure. However, even under an umbrella there is some risk because of UV rays' reflection off of the surrounding surfaces. Thus, though it is better than using sunscreen alone, you should still use sunscreen even if you will be under an umbrella. Wet clothing will increase the translucency of clothes, and thus can increase the amount of UVA rays penetrating to your skin (such as swimming in a wet T-shirt). Also remember, clouds are not equivalent to shade: cloudy skies do not block out UV rays. Even on very cloudy days anywhere from 40 to 60 percent of UV rays penetrate clouds and can cause skin damage.

Sun SHOCK

Must-Know Facts Before Taking Your Summer Vacation



**BROAD
spectrum**

"Broad spectrum" sunscreens help lower exposure to both UVA and UVB rays



**WATER
resistant**

"Water resistant" sunscreens can withstand up to 40 minutes in the water



**WATER
PROOF**

"Waterproof" sunscreens will repel water for up to 80 minutes

[Must-Know]

SPF only blocks one variety of UV ray (UVB). No matter the strength of your SPF, spending time in the sun exposes you to harmful UVA rays, the variety responsible for skin aging and wrinkling.

Having one blistering sun burn as a child or a total of five sun burns over your lifetime doubles the risk of developing skin cancer in the future

You are exposed to higher levels of UVA and UVB at higher elevations. Remember to wear sunscreen in the mountains when hiking or skiing

We also have cabanas and umbrellas for rent to protect you from the sun (cabana = \$ 17 per day, umbrella = \$15 per day)



Panama Jack sunscreen can be found at our retail and giftshops across the island.