



Daily Sun Protection

Sunscreens prevent damaging effects of ultraviolet radiation including skin aging and skin cancer. Some recommendations we have for the use of sunscreens are:

- Apply early, 15-30 minutes before sun exposure to allow time for a protective film to form.
- Use sunscreen labeled as “broad spectrum” indicating both UVA and UVB protection.
- Approximately 1oz of sunscreen, enough to fill a shot glass, is needed to cover an adult.
- For day-to-day use SPF 15 may be adequate. If you or your family have a history of skin cancer, burn easily, do not tan, or if you work outdoors, a sunscreen of SPF 30 or greater should be used. You may have read that there is little additional benefit to SPF > 30 but under real-world conditions sunscreens with SPF >30 do provide additional protection and are recommended if you are spending time outdoors.
- Reapply every one to two hours even when using high SPF sunscreens.
- Water resistant sunscreens are labeled either as 40- or 80-minute water resistant and need to be re-applied after swimming or heavy sweating. Some new sunscreens are formulated for application even on wet skin which can make reapplication more convenient.

The best sunscreen is the one you will use. You may have to experiment to find the right fit. Consumer Reports publishes a list of recommended sunscreens you may wish to consult. In 2014 Coppertone Water Babies, Walmart’s Equate SPF 50, Bull Frog WaterArmor Sport and Target’s Up and Up were top rated by Consumer Reports.

Suggested products:

- Sensitive skin- Neutrogena Pure and Free Baby, Coppertone Sensitive skin, Vanicream.
- Babies- Coppertone Water Babies Pure and Simple, Neutrogena Pure and Free Baby. Remember a child as young as 6 months can have sunscreens applied.
- Elegant products- Elta MD UV Daily, Prescribed Solutions up the Anti, Anthelios daily moisturizer cream, Neutrogena Pure and Free liquid, Cerave AM lotion SPF 30.
- Men- Neutrogena for Men.

Spray on Sunscreens:

- Spray on sunscreens are convenient and easy to apply but have some limitations. Coverage may be spotty so ensure you apply enough and rub it in for even coverage. Try not to inhale the product. Spray it on your hands first and then apply to your face using your hands.
- The FDA is reviewing the safety and effectiveness of spray on sunscreens. In 2014 Consumer Reports recommended against the use of spray on sunscreen for children until the FDA reaches a conclusion regarding safety.