

SKIN SERIOUSLY.

Condition: Sunscreens/Sunblocks

Sun Damage

Sun damage can cause immediate effects (sunburn) and delayed effects (aging: wrinkles, age spots, broken capillaries). Even 1 sunburn can drastically increase one's risk of skin cancer later in life. Chronic sun exposure through tanning either in natural sunlight or in a tanning bed causes signs of aging and damages the skin leading to increased risk for skin cancer.

The Cause of Sun Damage

The sun produces both visible and invisible rays. The invisible rays, known as ultraviolet A (UVA) and ultraviolet B (UVB), cause most of the problems, including sunburn, sun damage, and sun damage. There is no "safe" ultraviolet (UV) light, and there is no such thing as a safe tan.

Sun Protection

Sun protection helps prevent skin damage, wrinkles, and reduces the risk of developing skin cancer. Newer broad-spectrum sunscreens contain products to block both UVA and UVB rays. Sunscreen should be reapplied at least every two hours to work. Avoid sunbathing, wear a wide-brimmed hat, sunglasses and protective clothing. A typical white tee shirt has an SPF of 3. Colorless dyes are available as laundry products which increase the SPF of fabrics to an SPF of 30. If you must be in the sun, use a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15. If you have had atypical moles or skin cancers, you should use an SPF of 30, even on cloudy days.

Sunscreens - How They Work

Sunscreens work by absorbing, reflecting, or scattering the sun's rays on the skin. They are available in many forms, including ointments, creams, gels, lotions, sprays, and wax sticks. All are labeled with SPF numbers. The higher the SPF, the greater the protection from sunburn caused mostly by UVB rays, but this does not increase the length of time for sun exposure. Broad-spectrum sunscreens protect against both UVA and UVB rays. They do a better job of protecting skin from other effects of the sun including photo damage and rashes from the sun.

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Monday:

12:00 pm - 7:00 pm

Tuesday - Friday:

8:00 am - 5:00 pm

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Types of Sunscreens

Sunscreens that block UVB rays are composed of some or all of the following chemicals: padimate O, homosalate, octyl methoxycinnamate, benzophenone, octyl salicylate, phenylbenzimidazole sulfonic acid, and octocrylene. Broad-spectrum sunscreens add oxybenzone or avobenzone (Parsol 1789) to block UVA rays. Mexoryl is a chemical that blocks UVA; its broad-spectrum characteristics allow sunscreens to be made with very high SPF factors. Physical sunscreens/blocks or chemical-free sunscreens contain titanium dioxide and/or zinc oxide, which reflect UVA and UVB and are especially useful for people allergic to chemical sunscreens.

Tips for Sun Protection

- Apply sunscreen 20 minutes before going outdoors and reapply every 2 hours or after sweating or swimming.
- Use a sunscreen with both UVA and UVB protection.
- Wear protective clothing such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses, when possible.
- Avoid being in the sun between 10 a.m. and 4 p.m. when its rays are strongest.
- Water, snow, and sand reflect the sun, which can increase your chance of sunburn.
- It is safe to use sunscreen on children. You may want to choose a chemical free one, such as Blue Lizard for babies, Neutrogena Sensitive Skin sunscreen, Vanicream for sensitive skin, and Solbar Shield, Blue Lizard for sensitive skin, CVS zinc oxide, Walgreens Zinc Oxide, Neutrogena Pure and Free baby sunblock. If you do not have sensitive skin several brands which are good are Neutrogena sunscreens with helioplex & Neutrogena Ultrasheer, Coppertone Sport & Coppertone Spectra 3 sunscreens, Aveeno brand sunscreens with "Active Photobarrier Complex", Bullfrog, and Solbar sunscreens (available from manufacturer website or at drugstore.com. For daily facial sunscreens you can try Neutrogena Daily Defense, Olay UV Complete, Aveeno Skin Brightening, Cetaphil daily facial moisturizer SPF 50, and Eucerin Everyday Protection.
- The new controversy over Vitamin D, can be confusing. If you are concerned you are not getting enough Vitamin D, vitamin supplements and eating foods with Vitamin D are safer than excessive sun exposure.

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- Tanning beds are no safer than sun exposure. UV light from any source causes skin cancer and signs of aging, like wrinkles, brown spots and broken blood vessels. The only safe tan is one from a self tanner
- Self-tanning products contain dihydroxyacetone which produce a tan color that does not wash off. These are safe to use. A self tanner, however, is not a sunscreen. Sunscreen needs to be applied every two hours.
- Skin self exams are important. If you develop any new spots, non-healing sores, growing moles, or painful growths, you should see your primary doctor or a dermatologist. It is wise to have a yearly skin exam by a physician to detect any skin cancer early. If skin cancers are detected early all are easily treatable

Websites for sun protective clothing:

- www.colibar.com
- www.sundayafternoons.com
- www.sunprecautions.com

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