

Sun Protection Information

Ways to Protect Your Skin From the Sun:

Avoid peak hours of the sun (10AM to 4 PM)

Wear sunblock and protective clothing (wide brim hat, long sleeveshirt, sunglasses, etc.)

Stay in the shade

Protect yourself even on cloudy days and during winter

Be careful when using medications that make you more sensitive to the sun
(Examples: Retin-A, Differin, Doxycycline, Accutane, Tetracycline, Ciprofloxacin, etc.)

Consider adding UVA protective clear plastic film, like Llumar to driver and/or passenger windows of your vehicle. Call (800) 255-8627 or log on to the company's web site:

www.llumar.com/naeng/contact.html.

What is the difference between Sunscreen and Sunblock?

Sunscreens

- create a barrier with chemicals (Parsol 1789, Avobenzone, Oxybenzone)
- protect the skin from only some of the sun's rays

Sunblocks

- create a *physical* barrier with zinc or titanium
- better protect against ALL of the sun's rays

Essential Sunblock/Sunscreen Ingredients

If your sunblock does not contain one or more of these ingredients, throw it out and replace it with one that does:

Parsol 1789 (avobenzone)

zinc oxide

titanium dioxide

Mexoryl SX (butyl methoxydibenzoylmethane) now in the U.S.A.

Recommended Products (products with * available in the office):

Daily Anti-Aging Sunblocks for the Face:

*Obagi Nu-Derm Healthy Skin Protect SPF 35 (normal skin)

*SkinCeuticals Ultimate UV Defense SPF 30 (normal skin)

*TiZO₃ Protection SPF 40 (for Oily or Acne-prone skin)

Olay Complete Defense Sensitive Skin SPF 30 (dry skin)

Lipblocks:

*Solar Protection Formula SPF 45
Capital Soleil SPF 60 Ultra Protection Sunblock Stick

Sunblocks for Outdoor Activity:

Blue Lizard SPF 30+ for Sensitive Skin
COTZ 58 (contains only titanium and zinc)
Total Block 60 or 65 by Fallene
Vanicream 35 or 60
Anthelios SPF 40 (dry finish)
Neutrogena 85 with Helioplex

Proper Use of Sunblock and Sunscreen:

Apply to all exposed areas of skin 30 minutes before going outside.
Reapply a second coat 5 minutes after the first coat (to make certain no areas of the skin are missed).
Reapply every two hours.
Reapply more often if skin is wet from swimming or sweating (even “waterproof” and “water resistant” products must be reapplied).

Protecting Babies

Do not use sunscreen or sunblocks on babies less than 6 months old.
Keep babies out of the sun.
Use sun protection methods and sunblocks (not sunscreens) for babies over 6 months.

Vitamin D

For anyone avoiding the sun, Vitamin D3 supplements are wise. A typical adult needs vitamin D3, approximately 1000 IU per day, and is best taken with a meal.