ADVANCED DERMATOLOGY
of the Midlands

Sun/Ultraviolet Light Protection

Why use it?

The sun has many harmful effects on the skin. This includes accelerated aging (fine lines, increased wrinkling, brown and white spots). Also sunlight exposure has been linked to increased risk for skin cancer and melanoma. Several other skin conditions may be directly caused or worsened by exposure to the ultraviolet light in sunlight and tanning beds.

How to use it?

Never intentionally tan! Avoidance of the sun and tanning beds is the ultimate way to protect yourself from the potential damages of exposure. For the sun, this is especially true during the peak daylight hours of 10am-4pm. Damaging sunlight can even pass through the clouds, so don't think that you are completely safe on cloudy days. Try to seek shade and wear long-sleeved, thick weave clothing when possible. Also consider use of a broad-brimmed hat when outdoors.

Sunscreens?

Sunscreens are an important part of our armamentarium to protect against the sun, but they have their limitations. Sunscreens do not block all of the light. With that in mind, broad spectrum sunscreens that block UVA and UVB (ultraviolet A and B) light are best. Use at least an SPF 50 or higher. Also look for sunscreens that contain Parsol 1789, zinc oxide, and/or titanium dioxide.

Some products that may be considered-
Shade ™ Gel
Oil of Olay ™ Complete Defense
Neutrogena ™ Products
--This is not a comprehensive list. Always remember to read the labels. Experiment with various sunscreens to see which you like best.

Additional sun protection products are available. Some include:
Rit ™ SUN GUARD-laundry treatment to increase the sun protection factor of clothing (www.ritsunguard.com)
Coolibar ™ Quality Sun Protection-sun protective clothing (www.coolibar.com)

Always keep in mind that nothing substitutes completely for AVOIDANCE OF THE SUN AND TANNING BEDS!
Also remember to consider supplementing with Vitamin D and possibly calcium by mouth per your recommended daily allowance.