

As Seen on Fox 12 Oregon KPTV

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SPF, YOUR SKINS BEST DEFENSE AGAINST THE SUN

Nothing says summer like a good tan! However, that good tan can leave your skin damaged for life! The sun is very damaging to the skin not to mention the health risks. To protect your skin from the damaging affects, lather up with sunscreen—sunscreens contain SPF.

What is SPF?

SPF means sun protection factor. The Skin Cancer Foundation recommends that everyone use a sunscreen with and SPF of 15 or more.

How does sunscreen work to protect the skin?

Sunscreens reflect, absorb, and scatter both ultraviolet A & B rays to protect the skin. UVA rays are the sun's silent killers and primary cause of skin cancer and wrinkles.

UVB radiation is the sun's burning rays and has an immediate, harmful impact on skin.

What are some of the damaging affects the sun can cause other than skin cancer?

Damaging Affects include:

- Burns to the skin
- Uneven pigmentation (sun spots)
- Breaks down collagen and elastin
- Premature wrinkles and aging

There's all this hype about creams, serums and supplements that promise to erase wrinkles, lighten age spots, and sooth age related dryness. Experts say the simplest (and least expensive) way to keep your skin healthy and younger looking is to stay out of the sun and use SPF to protect your skin.

Who is most at risk?

Babies—it's best to keep your babies out of the sun altogether. If they are in the sun, it,s better to use a chemical free sunscreen to reduce irritation. Look for *titanium dioxide* or *zinc oxide* ingredients

Kids—choose one that contains only pure *titanium dioxide* and/or *zinc oxide*.

People using certain antibiotics and topical products or pharmaceutical retinoid such as AHA, BHA, Retin A, Renova and Differen to name a few, are a must for using sunscreens. These tropical's make the skin more at risk for sun-burns and damage.

Are there any side affects people should know about when using sunscreens?

People can get contact dermatitis both irritant and allergic and photo allergic reactions have been reported when using chemical sunscreens. The most common sunscreen that causes contact dermatitis is PABA.

- Always check the expiration date and don't use expired sunscreens
- Common rule is to purchase new sunscreens each year