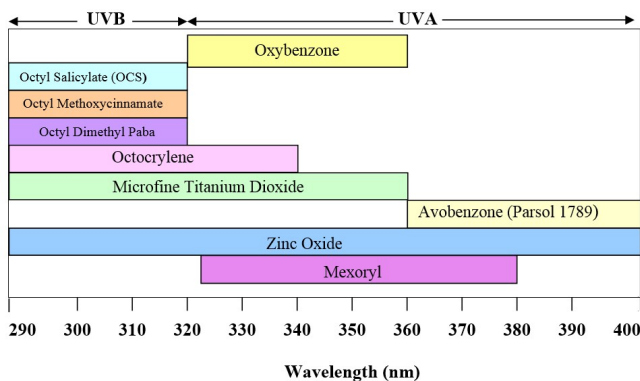
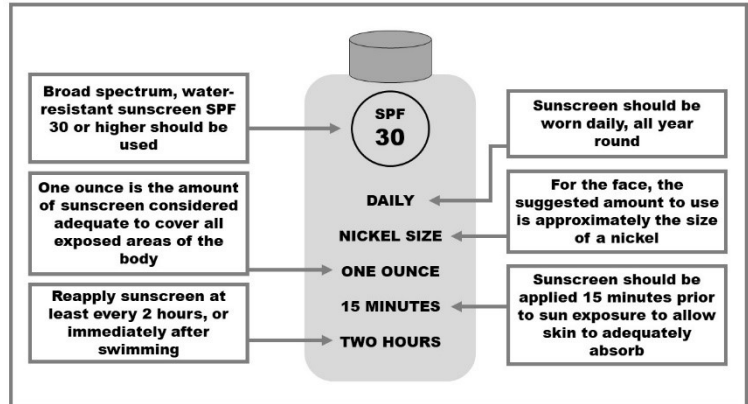


## Sun Protection 101

1. We recommend the use of broad-spectrum UVA and UVB sunscreen (UV = ultraviolet) along with broad-brimmed hats, sunglasses (to protect your eyes), shade, protective clothing, and window shades/tinting.
2. UVB causes sunburns, precancers, skin cancers, melanoma, and contributes to photo aging. UVA is a longer wavelength that can penetrate through glass. It also penetrates deeper into the skin causing wrinkles, skin laxity, damaged blood vessels, brown spots, and skin cancer as well. In years past, good UVA protection was not available in sunscreens, and represented a weak spot in their coverage.
3. SPF (sun protection factor) refers only to UVB wavelength protection. Use SPF 30 which gives 97% protection for UVB light, when applied properly.
4. Protectors of UVA are **Zinc Oxide, Titanium Dioxide, Parsol 1789 (Avobenzone), and Mexoryl.**
5. To augment your photo protection, consider adding a topical antioxidant such as SkinCeuticals CE Ferulic or Phloretin CF.



6. **Daily** use (even on a cloudy day and year-round) will help prevent photo aging (wrinkles, broken blood vessels, and brown spots) and skin cancers associated with sun exposure.
7. Many sunscreens are labeled UVA and UVB on the bottle, but only have small amounts of UVA protection.

You may purchase these sunscreen brands from our office that have true broad-spectrum coverage:



GetMr.



EltaMD UV



SkinCeuticals



Eryfotona Actinica

- SPF Clothing can be found in the following brands:
  - Sunbrella, Exofficio, Coolibar and Solumbra. Or utilize a laundry additive such as Sunguard.