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## SUNSCREEN GUIDE

### Did You Know?

1. 1 out of 5 Americans will develop skin cancer in their lifetime.
2. A “healthy” tan is the first sign of skin cancer.
3. Tanning beds increase your risk of skin cancer by 50% and emit 15 times more UVA rays than the sun.
4. Freckles and age spots are nearly always a sign that sun damage has occurred.
5. Most people only apply one third of the correct amount of sunscreen.
6. Even on a cloudy day, 80% of the sun’s UVA rays pass through the clouds.

### Sunscreen Tips:

- Think of the sun’s rays this way:  
**UVA** = Aging rays that cause wrinkles and age spots  
**UVB** = Burning rays
- Look for sunscreens with **Zinc Oxide**, which offers broad-spectrum protection from UVA and UVB. Read the ingredients label before buying your sunscreen!
- Wear sunscreen every day, all year long with an SPF of 30 or greater. UVA rays are present all year long, even during the winter, through clouds on overcast days, through car windows. Don’t forget your ears, neck, décolletage and hands!
- Apply liberally 15 minutes before going outdoors. For the average body, it takes a full ounce of sunscreen (a golf ball size) to adequately protect your skin. Reapply your sunscreen at least every 2 hours, especially if you are perspiring or swimming.
- Wear a broad-brimmed hat with a UPF label to protect your scalp, face, ears and the back of your neck. A baseball cap does not offer adequate protection. We carry stylish hats from *San Diego Hat Company* with UPF protection at our office.
- Don’t forget to protect your lips and eyes! Use a lip balm with SPF 15 and sunglasses.
- Mineral makeup or makeup with sunscreen can provide extra UV protection, but is inadequate by itself. We carry *Colorescience* mineral makeup at our office.

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**Available at Our Office:** All contain 7-12% zinc oxide. Talk to our staff to find the right one for your skin

**SkinMedica Total Defense + Repair**

*Sunscreen that contains an advanced antioxidant complex which protects against harmful infrared rays*

**Elta MD UV Clear SPF 46**

*Very transparent and ultra-light. Our #1 seller for men and teenagers.*

**Elta MD UV Shield SPF 45**

*Slightly moisturizing, lightweight, oil free and transparent.*

**Elta MD Physical UV SPF 41**

*Non-chemical sunscreen, tinted to help redness. Great for rosacea patients*

**Elta MD Sport SPF 50**

*Waterproof sunscreen for sports and swimming.*

**Elta MD Aero Spray SPF 45 – NEW!**

*Continuous spray zinc-oxide based.*

**Colorescience Sunforgettable SPF 30**

*Self-dispensing mineral powder brush that is easy to reapply over makeup.*

**Obagi Healthy Skin Protection SPF 35**

*Elegant dewy finish.*

**Obagi Nu-Derm Sun Shield SPF 50**

*Elegant matte finish.*

### Over The Counter:

**Any sunscreen with 7% zinc oxide or higher!**