



FOUR SEASONS DERMATOLOGY

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SUN PROTECTION AND SUNSCREENS

Repeated and prolonged exposure to sunlight increases the risk of developing skin cancer and is the major cause of wrinkled, spotty, "old"-appearing skin. It's important to have a healthy and active lifestyle and we encourage this. Some common sense guidelines to keep your skin and eyes safe:

- Avoid the hot mid-day sun. Try to schedule your outdoor activities for early morning or early evening.
- Make clothing a regular part of protection:
 - Keep your shirt on
 - Wear a wide brimmed hat instead of a baseball cap
 - Wear long sleeves - "rash-guard" or "water" shirts made from quick drying, breathable material may be most comfortable in hot weather.
 - "Golf sleeves" can protect your arms and keep you cool in the sun. They can be found in sporting good stores or online.
- Be especially careful when on the water, snow or sand as sunlight is reflected upwards from these surfaces.
- Don't forget the sunglasses – excess sun exposure causes cataracts.
- Encourage your children to practice good sun protection. Early sun damage increases the risk of skin cancer.
- Wear a sunscreen that contains specific UVA-blocking ingredients (see below) and an **SPF of at least 30**. If you are getting sunburns or very tan, you need to 1) use a higher SPF, 2) apply more thickly or reapply more frequently (ideally every 2 hours or more), and/or 3) use a product with better UVA protection. Remember to put sunscreen on your ears and lips and always apply to dry skin.

For more information about sun protection and skin cancer: www.skincancer.org

Recommended Sunscreen Ingredients (UVA-blocking)

- **ZINC OXIDE (ideally 5% or higher)**
- **TITANIUM DIOXIDE**

Some recommended brands*:

- Blue Lizard^{Z,T}
- Elta MD

Also look for products marked "for sensitive skin".

**Always read labels for active ingredients and check product labels as formulations are frequently changed. This is not meant to be a comprehensive list and many brands including store brands or generics may include these recommended ingredients. It's better to get something you like and will use than to get "the best" and never apply!*

Vitamin D, Sun, and Sunscreens

Vitamin D is necessary for strong bones and good health. It is found in some foods, especially dairy and fish and in many calcium supplements. It can also be made when skin is exposed to sunlight, although not always reliably. Many, if not most, individuals need additional supplementation. The National Osteoporosis Foundation recommends that adults under 50 years of age receive 400 to 800 IU (International Units) of vitamin D daily and 800 to 1,000 IU for those over 50. If there are concerns, a blood test can be done to see if you are getting enough vitamin D.

Your body's ability to make vitamin D from sun exposure reaches its daily limit after about 15 minutes. Additional sun exposure after this time does not result in any additional vitamin D production.

Sunscreens available for Purchase

(Proceeds benefit the Dermatology Foundation (supporting skin research) and Camp Discovery (for children with serious skin disorders). For more information on these groups, visit Dermatologyfoundation.org and Campdiscovery.org)

Physical Sunscreens:

Blue Lizard - SPF 30 - 8.75oz - [10% Zinc, 5% Titanium]

- Good for *sensitive skin*; bottle turns blue in the presence of UV rays!

Elta MD UV Physical – SPF 41 (tinted) – [9.0% Zinc oxide, 7.0% Titanium dioxide]

- Extra sensitive skin types an post procedure

Elta MD UV Pure – SPF 47 – [10.0% transparent zinc oxide, 5.5% titanium dioxide]

- Water resistant (80 minutes), gentle and lightweight

Elta MD UV Elements – SPF 44 (tinted) – [10.0% transparent zinc oxide, 5.5% titanium dioxide]

- Moisturizing and gentle for even the most sensitive skin types

TiZo Mineral - SPF 40 - 1.5oz - [3.8% Zinc, 8.0% Titanium]

- Light tan tint, sheer formulation, matte finish

Physical and Chemical Sunscreens:

Elta MD Aero - SPF 45 - 6oz - [9.3% Zinc, 7.5% Octinoxate]

- Continuous spray full body sunscreen

Elta MD Shield - SPF 45 - 3oz - [9% Zinc, 7.5% Octinoxate]

- Face and body sunscreen; Light, sheer, dry feel, oil free

Elta MD Sport - SPF 50 - (3oz, 7oz) [9% Zinc, 7.50% Octinoxate, 5.0% Octisalate]

- Very water resistant, will not sting eyes; Can apply to wet or dry skin

Elta MD UV Clear (also comes in tinted) - SPF 46 - 1.7oz - [9% Zinc, 7.5% Octinoxate]

- Lightweight, silky facial sunscreen designed for those with acne and rosacea prone skin

Elta MD UV Daily Tinted - SPF 40 - 1.7oz - [9% Zinc, 7.5% Octinoxate]

- Moisturizing daily facial sunscreen; tinted to even out most skin types

Elta MD UV Daily Broad Spectrum - SPF 40 - 1.7oz - [9% Zinc, 7.5% Octinoxate]

- Moisturizing daily facial sunscreen

Elta MD Lip Balm - SPF 31 - 0.28oz - [5% Zinc, 7.5% Octinoxate]

- Creamy, long-lasting moisturizing sunscreen; soothes and protects

Kinesys – SPF 30 – [2.5 Avobenzone, 7.5% Octinoxate, 5.0% Octisalate, 7.5% Octocrylene]

- Vanilla-Green Tea scented, oil free, clear spray for active skin. Water resistant (80 minutes)

Kinesys – SPF 30 – [2.5 Avobenzone, 7.5% Octinoxate, 5.0% Octisalate, 7.5% Octocrylene]

- Mango scented, Alcohol-Free performance sunscreen. Water resistant (80 minutes)