

# SUNSCREENS

One of the most important ways to decrease the risk of skin cancer is the vigilant use of sunscreens. When choosing a sunscreen, some general guidelines apply:

- **Look for an SPF of 50 or better!** It is almost impossible to apply the amount of sunscreen recommended to gain the SPF rated on the package. The amount most people apply will bring an SPF 50 down to SPF 20 and an SPF 30 to a 12.
- If the sunscreen meets certain criteria for UVA protection, it can be labeled “Broad Spectrum.” Broad spectrum is essential to protect against further skin cancer risk. Make sure your sunscreen has either **Parsol1789 /Avobenzone 3% or Titanium Dioxide 20%**. The concentration is important.
- Certain brands have a stabilized Avobenzone. These brands, Neutrogena and Aveeno, are preferable.
- Reapply sunscreens according to the package instructions when getting in water or sweating heavily.
- Find a base and type that you do not mind wearing. Sunscreens come in a variety of bases, not just lotions.
- Price is not the same as protection. Many expensive sunscreens are not very good and many cheap ones are. Check the package label before you buy.

**Sunscreen does not work if left in the bottle!**

While sunscreen use can't erase past sun damage, it will help minimize future damage.

Use sunscreen, a hat, and UV protective clothing and then go enjoy the outdoors!