



Sunscreen FAQs

What type of sunscreen should I use?

There are two main types of sunscreen ingredients: physical sun blockers and chemical sunscreens.

Physical Sunscreens (Sun blockers) prevent ultraviolet light from reaching your skin and contain either **zinc oxide** or **titanium dioxide**. Physical sunscreens protect against UVA and UVB damage. Physical sunscreens are preferred for patients with sensitive skin and children.

Chemical sunscreens rely on an interaction between the sun and the chemical to protect your skin. These ingredients are usually longer chemical names such as avobenzone, Octinoxate, homosalate, padimate O, and many others. Chemical sunscreens can protect against UVA, UVB, or both types of damage, depending on which ingredient is used. Read the label to ensure coverage for both UVA and UVB exposure. There are new ingredients being developed that take chemical sunscreens and stabilize them to prolong their activity (i.e., Helioplex, Mexoryl).

Does the SPF really matter?

In laboratory testing, there are minor differences between SPF 15 and SPF 30 and greater products. However, that data is based on using 1 oz. (30 gm) of sunscreen for each full body application (which is 1/4 to 1/6 of a bottle, or the size of a shot glass). Most people use far less in real-life settings. For this reason, we recommend an SPF of at least 30. It is common to find good sunscreens with SPF ranging from 45-70. To maintain protection, reapply sunscreen every 1-3 hours, depending on sweating, water exposure, and sun intensity.

Is sunscreen alone enough to protect my skin in the sun?

In some cases, yes. However, if you are in the sun for longer periods of time on a regular basis (such as gardening, golfing, boating, sports), it may be better to add sun protective clothing or hats. Wear a hat (with a 4" brim) and avoid intense mid-day sun. Sun protective clothing is lightweight fabric designed to protect against UV damage. Styles include jackets, button-down shirts, pants/skirts, swimsuits, and hats. **Rash guards** (long sleeved swim shirts) are an excellent choice for young swimmers to start good sun habits!

WE NOW HAVE SPF CLOTHING AND HATS AT OUR CASTLETON LOCATION

Other resources include a few websites and catalogs, including:

- Coolibar: www.coolibar.com
- Sun Precautions (Solumbra): www.sunprecautions.com
- Lands End: www.landsend.com
- REI Outfitters: www.rei.com
- Railriders.com: www.railriders.com
- Sunday Afternoons: www.sundayafternoons.com

Avoid tanning beds (even infrequent visits are harmful)

Self –tanning lotions, spray tans are a safe alternative!

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DERMATOLOGY**
SUNSCREENS SOLD IN OUR OFFICE

Daily sun protection (face, neck, upper chest):

- Colorscience Brush on Shield SPF 50 (different color options available), Colorscience Sport Stick, Colorscience Total Eye
- Elta MD UV Clear (SPF 46) - (1.7 oz. pump)
For acne and rosacea prone skin with 5% niacinamide (anti-inflammatory, helps redness). Lightweight, oil-free. Zinc oxide 9.0%, Octinoxate 7.5%
- Elta MD UV Daily (SPF 40) - (1.7oz pump)
Moisturizing sunscreen with hyaluronic acid (reduce the appearance of fine lines). Light and sheer for use alone or beneath makeup. Zinc oxide 9.0%, Octinoxate 7.5%
- Elta Daily Tinted (SPF 40)
Moisturizing sunscreen with hyaluronic acid (reduce the appearance of fine lines). Light and sheer with tint for use alone or beneath makeup. Zinc Oxide 9.0%, Octinoxate 7.5%

Multipurpose sun protection (face, body):

- Elta MD UV Sport (SPF 50) - (8 oz. pump)
Durable, waterproof formula ideal for outdoor athletes. Zinc oxide 9.0%, Octinoxate 7.5%, Octisalate 5.0%.
- Elta Zinc Spray (comes in a continuous aerosol or pump spray)–
Spray with transparent zinc oxide, sprays on white and dries clear. Water-resistant (80-minutes), fragrance free, oil-free, paraben-free, sensitivity-free; non-comedogenic, Zinc Oxide 9.3%, Octinoxate 7.5%
- Elta MD UV Lotion. Broad-spectrum (SPF 30)
Great for an “all over” body moisturizer with benefits of a SPF. It is lightweight and contains transparent Zinc oxide.
- Elta Elements

Sensitive skin

- Elta MD UV Pure (SPF 47) - (4 oz.)
Gentle and lightweight. Water-resistant. Zinc oxide 10%, Titanium dioxide 5.5%
- Elta MD UV physical Broad-spectrum (SPF 41)
Lightly tinted and chemical free. It is Oil-free contains Antioxidants. Transparent Zinc oxide 9.0% with Titanium Dioxide 7.0%
Water Resistant for (40 minutes).

SPF – Just for lips

- Colorscience Lip Shine SPF 35 (different color options available)
- Coola SPF liplux (SPF 30) (80 min.)
- Coola SPF (Tinted) mineral liplux - Color Firecracker (SPF 30) (80 min)
- Coola SPF (Tinted) mineral liplux - Color Summer Crush (SPF 30) (80 min)

Over The Counter SPF Options (Not sold in our office)

Daily sun protection for face, neck and upper chest include:

- Olay Complete Defense (SPF 30) for sensitive skin/fragrance free option. Zinc Oxide 6.0%
- Cerave Sunscreen face lotion (SPF 30) Titanium Dioxide 4.9%, Zinc Oxide 4.7%
- Aveeno Positively Radiant (SPF 30) Sun stabilized chemical sunscreen
- Neutrogena Healthy Defense (SPF 30) Lightweight, non-greasy formula with Vit. E

Over the counter SPF for Sensitive Skin Options (Not sold in our office)

- Neutrogena Sensitive Skin (SPF 30) Neutrogena Pure and Free in both stick and lotion formulas (SPF 60)
- Blue Lizard Baby or Sensitive Skin lotion.