

# Important Facts For a Sun Safe Summer: The Safety and Effectiveness of Sunscreen

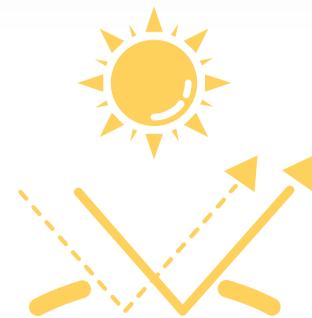
Every summer non-physician-based organizations issue Sunscreen Guides ... but often times they create more questions rather than providing answers.

Below are important facts to share with your patients about sunscreen ingredients and usage.



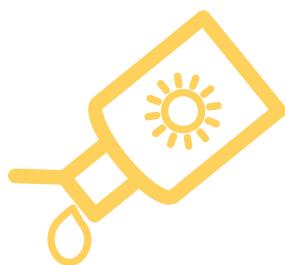
## **Are sunscreen ingredients safe for human health and environmental health?**

Yes, they are safe for both. There has been some recent confusion in the media about the ingredients in traditional sunscreens, and their safety for people and the environment. This comes from some questionable studies not based on scientific fact. The sunscreen ingredients approved for use in the US in both chemical and mineral sunscreens have a proven safety record for decades.



## **Does wearing sunscreen really prevent skin cancer?**

Exposure to sunlight has been directly linked to skin cancer, and the majority of skin cancer cases are linked to exposure from UV radiation from the sun. But, we love being out in the sun! A recent survey shows 9 out of 10 parents agree sunscreen is important for protecting a child's health, but fewer than 4 out of 5 apply sunscreen to their children on a daily basis. It can be easy to enjoy the sun safely with proper protection measures: hat, sunglasses, and sunscreen. In order for sunscreen to do its job, sunscreen needs to apply it properly. Make sure to cover all exposed skin, and to re-apply every 2 hours, or more often after swimming or vigorous exercise.



## Is sunscreen safe for children to wear?

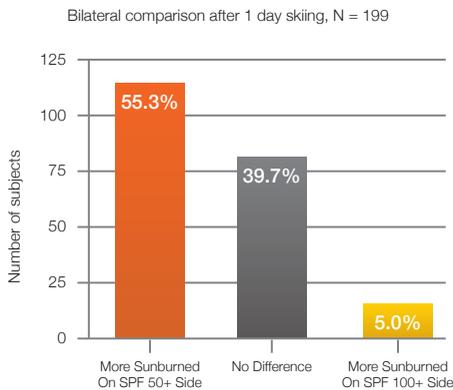
It's not only safe, it's critical for children to wear sunscreen to protect their skin health from an early age and through their lifetime. Just a few bad sunburns in childhood can significantly increase a child's chance of developing skin cancer. It can be challenging to apply sunscreen to children. Here are a few tips to make it easier:

- Consider different forms – sticks and sprays may be easier to apply than lotions. Follow application guidelines on the bottles to ensure full protection.
- Children often have more sensitive skin than adults, so mineral sunscreens may be a better choice.
- Make it fun! Create a sunscreen application dance or rhyme, and let the children apply it themselves too.
- Make it a family event. As with so many life skills, children learn best by watching their parents. The same is true for sunscreen. Research shows that children are more likely to develop safe sun behaviors if they see their parents doing the same.



## Is there a benefit to wearing a higher SPF sunscreen?

Yes, there are extra benefits from wearing High SPF sunscreen protection. Here are some key points to know and consider when you are making sunscreen choices:



A total of 199 healthy men and women ( $\geq 18$  years) participated in a natural sunlight, single-exposure, split-face, randomized, double-blind study in Vail, Colorado. Each participant wore both sunscreens simultaneously during activities, with no use restrictions other than designation of the treatment area. Erythema was clinically assessed on the day following exposure.

- The SPF on a sunscreen label refers to its “sun protection factor” and it’s an important consideration in deciding which sunscreen is best for you.
- A new study shows that a NEUTROGENA® SPF100+ broad spectrum sunscreen was significantly more effective in protecting against sunburn than an SPF50+ broad spectrum sunscreen, in actual use settings.
- Not only that, a survey recently showed that most often recommend higher SPF. 97% of dermatologists surveyed said they recommended SPF 50, and over 80% believe higher SPFs offer a considerable additional margin of safety.
- Lastly, many people generally underapply sunscreen. If you apply half the amount that was used to determine the SPF value of 30, then you are actually getting a sunscreen protection of SPF 15 (half). Starting with a higher number provides for a margin of error, and still with good protection.

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