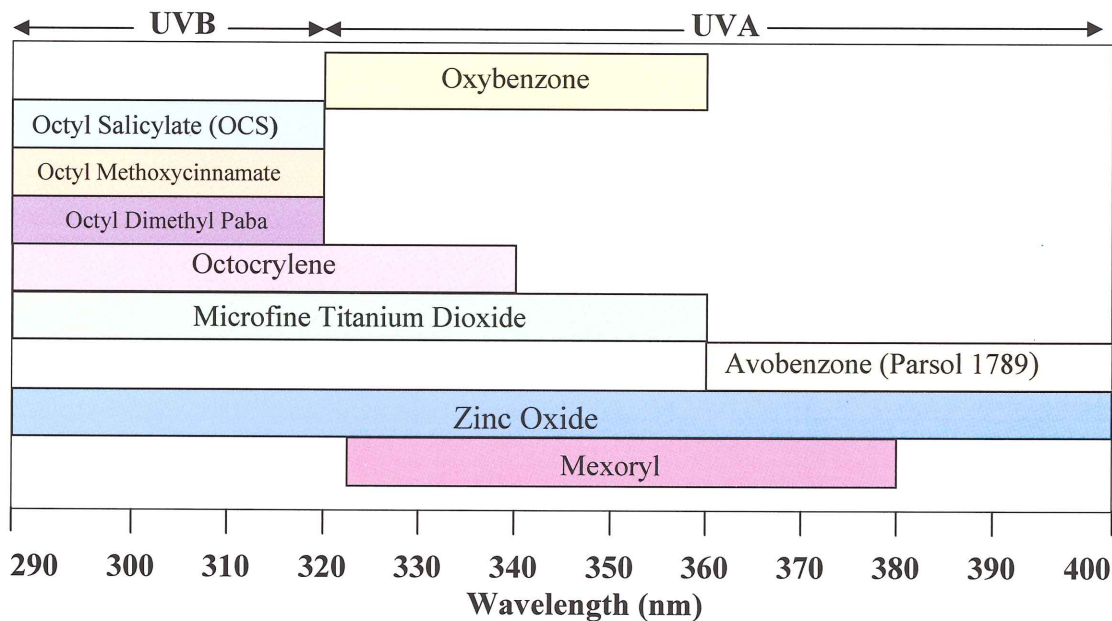


SUNSCREEN

1. We recommend the use of broad spectrum UVA and UVB sunscreen (UV = ultraviolet) along with broad-brimmed hats, sunglasses (to protect your eyes) shade and protective clothing.
2. UVB causes sunburns, precancers, skin cancers, melanoma and contributes to photo aging. UVA is a longer wavelength that can penetrate through glass. It also penetrates deeper into the skin causing wrinkles, skin laxity, damaged blood vessels, brown spots, and probably skin cancer as well. In years past, good UVA protection was not available in sunscreens, and represented a weak spot in their coverage.
3. SPF (sun protection factor) refers only to UVB wavelength protection. Use SPF 15 or greater. SPF 15 gives 93% protection and SPF 30 gives 97% protection for UVB light, when applied properly.
4. Protectors of UVA are **Parsol 1789 (Avobenzone), Mexoryl and Zinc Oxide.**
 - Daily use (even on a gray day) will help prevent photo aging (wrinkles, broken blood vessels, and brown spots) and skin cancers associated with sun exposure.
 - Many sunscreens are labeled UVA and UVB on the bottle, but only have small amounts of UVA protection.



* You may purchase these sunscreens from our office that have true broad-spectrum coverage:

- Elta MD UV 40 Light Daily Moisturizer** (Sensitive/Reactive)
- Elta MD UV Facial SPF 30+** (Normal to Dry Skin)
- Elta MD UV Lotion Pump SPF 30** (All Skin Types)
- Elta MD UV Tinted Physical Chemical Free SPF 41** (All Skin Types)
- Elta MD UV Shield SPF 45 Oil Free** (Oily to Combination Skin)
- Elta MD UV Sport Waterproof SPF 50** (All Skin Types)
- M.D. Forte Environmental Protection SPF 30** (Normal to Dry Skin)

SPF Clothing can be found in the following brands:
Sunbrella Exofficio, Coolibar and Solumbra

Save your skin!

