

## GOLDMAN DERMATOLOGY, PLLC

**Barry D. Goldman, M.D.**

**Anna Krishtul, M.D.**

### Sunscreen Recommendations

Ultraviolet radiation (UVR) is subdivided into UVB and UVA. Sunscreens work by chemically absorbing UVR while sunblocks physically block ultraviolet rays from damaging your skin. Sunblocks and broad spectrum sunscreens offer the best protection from both UVB and UVA. SPF (Sun Protection Factor) is an approved measure of protection against UVB only. For example, if it normally takes 10 minutes for your unprotected skin to get a sunburn, a sunscreen with an SPF of 15 will increase this time by a factor of 15, i.e. 150 minutes. Currently, there is no approved measure of UVA protection in the U.S.

#### **Basic Rules for Sunscreen Use**

- Sunscreen/sunblock should be used on a daily basis all year long, regardless of the weather (up to 80% of UVR penetrates the clouds). Apply it in the morning before you leave the house, even if you are just walking to the subway or your office. Reapply sunscreen/sunblock every two hours if you are outdoors, especially after swimming and significant sweating.
- Use a broad-spectrum sunscreen/sunblock with an SPF of 30 or higher for maximum protection, although above SPF 100 is probably useless. Be an informed consumer! Look for active ingredients such as **zinc oxide**, **titanium dioxide**, **Mexoryl®** found in Anthelios, and **Helioplex®** found in Neutrogena and Johnson & Johnson products. We also have a variety of Goldman Dermatology sunscreens that provide maximum protection while tending to all different skin types. (Ask a nurse to go over our sunscreens for oily skin, dry skin and anti-aging)
- For ease of application, use a lotion for the face, ears, neck, chest, and hands and a spray for the scalp, arms, legs or any other exposed part of the body. Sunscreen sticks are convenient to use on the faces of squirming toddlers.
- If you are already using a moisturizer, just switch to one with an SPF in it. If using a topical medication, apply it first.
- Infants under the age of 6 months should be kept in the shade and covered with protective clothing. American Academy of Dermatology recommends starting sunscreen use after the age of 6 months.

