



Heather J. Roberts, M.D.

A Medical Corporation

Dermatology & Dermatologic Surgery  
Cosmetic & Laser Surgery

## Sun Protection 101

1. Sun avoidance from 10 AM to 3 PM is the best sun protection available.
2. Wear sun protective clothing, sunglasses and a hat whenever outdoors.
3. Even the best sunscreens do not block out all the sun's harmful rays they just "screen" them.
4. Always look for sunscreens that protect against UVA and UVB rays AKA "Broad Spectrum."
5. Make daily sunscreen a part of your daily morning routine like brushing your teeth.
6. Don't be fooled on cloudy days. You still need your sunscreen...harmful UVA rays go right through clouds causing skin cancer and premature aging of the skin.
7. When swimming or exercising outdoors, remember to re-apply sunscreen often (every 1 hour) and generously...it takes 1 full ounce ( a full shot glass size) of sunscreen to cover your body once.
8. Look for ingredients like Mexoryl , micronized titanium and zinc & Parsol 1789 (Avobenzone) for UVA protection.
9. SPF ratings only apply to UVB rays.
10. SPF is only a guideline. Remember this number is calculated in a lab under ideal conditions. Sweating, rubbing, altitude, under application of sunscreen all affect the true SPF.
11. Daily moisturizers or make up that contain sunscreen are not enough protection against skin cancer.
12. No matter what the label says, no sunscreen is truly waterproof. All will come off in the water or when sweating.
13. To prevent telltale signs of aging, use sunscreen on your hands and neck too.
14. Men need sunscreen on their scalps if balding, as well as their ears and back of the neck.
15. Use a lip balm with sunscreen to protect your lips.