

# SUNSCREENS

## FACTS:

- ◆ Sunlight exposes ones' skin to ultraviolet A (UVA) and ultraviolet B (UVB) rays. UVA rays age and wrinkle skin; UVB rays cause sunburn. Both contribute to skin cancer.
- ◆ One bad sunburn alone can increase ones cancer risk. Repeated sunburns or constant sun exposure increases ones risk (aging and young).
- ◆ Sunscreen products must block both UVA & UVB rays. **Broad Spectrum products** filter out most UVA & UVB rays, but not all. Zinc Oxide white ointment blocks all.
- ◆ Sunscreen products are measured by their SPF, or sun protection factor (how long it takes for your skin to turn red from the sun after applying the sunscreen). The higher the SPF, the better the protection.
- ◆ Sunscreen products can no longer claim to “waterproof” because water does rinse off cream-based products. “Water-Resistant” products are best in water, but re-application recommendations must be followed.
- ◆ Sunscreen products come as lotions to best protect against the risk of sunburn, early skin aging and skin cancer when going out in the sun.
- ◆ Use a “broad spectrum” sunscreen product with an SPF of 30 or higher. Apply before you go out into the sun.
- ◆ If going in the water, make sure product is water-resistant for up to 40 or 80 minutes. Reapply sunscreen immediately after swimming or heavy sweating.
- ◆ Apply enough sunscreen and reapply frequently (a shot glass full) to cover your body and face. Best to reapply every 2 hours when actively exposed to the sun.

Distributed By: Wellness Rx LLC.  
10 Old Rt. 213, Suites A & B – High Falls, NY. 12440

All Rights Reserved