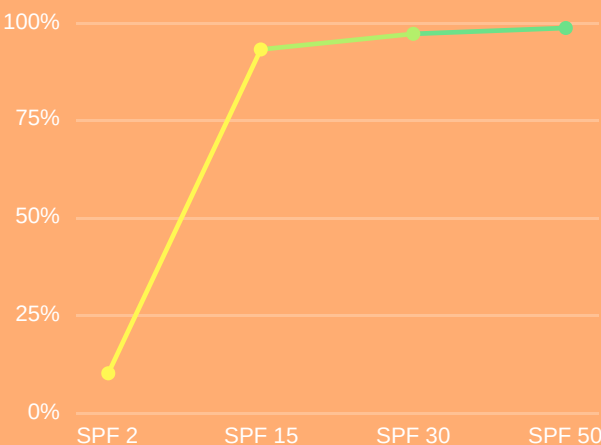




THE TOP 5 SUNSCREEN MYTHS

MYTH #1: THE HIGHER THE SPF, THE HIGHER THE PROTECTION

TRUTH: SPF only represents protection from UVB (burning) rays



The FDA ruled SPF values above 50 to be misleading to the public in 2015, and no longer allows sunscreen companies to label their sunscreens as such.

SPF 50 protects against the maximal amount of UVB rays: 98.5%

2X

SPF 30 allows twice as many UVB rays to harm your skin as SPF 50.

TRUTH
THE BETTER THE ACTIVE INGREDIENTS, THE BETTER THE PROTECTION

MYTH #2 ACTIVE INGREDIENTS DON'T MATTER

TRUTH



LOOKING AT THE ACTIVE INGREDIENTS IN A SUNSCREEN IS THE BEST WAY TO DETERMINE A SUNSCREEN'S STRENGTH AND SAFETY

THERE ARE TWO TYPES OF SUNSCREENS: MINERAL AND CHEMICAL.

MINERAL REFLECT

There are two mineral filters: zinc oxide and titanium dioxide. They are the #1 and #2 rated filters for their efficacy and safety. They work by reflecting a broad spectrum of UV rays.

CHEMICAL ABSORB

Chemical sunscreens work by absorbing a small range UV rays and converting them to heat energy via a chemical reaction on your skin. This is why many chemical filters must be combined to reach an adequate level of protection.

MYTH #3: SUNSCREEN DOESN'T EXPIRE

TRUTH: Sunscreen expires after 2 years (earlier if chemical)

2 YEARS

Chemical sunscreens are highly reactive to heat and light. When exposed to high heat or sunlight, they deactivate far sooner than the stated expiration date.

MYTH #4: SPRAY SUNSCREENS ARE AS EFFECTIVE AS CREAMS/LOTIONS



TRUTH: SPRAY SUNSCREENS ARE THE MOST DANGEROUS

Spray sunscreens are almost always chemical sunscreens, and can cause many health hazards. Danger: be aware of the wind direction and make sure you spray away from face and mouth.

Do not use on children 6 years and under

Often underapplied and not rubbed in. You must apply a thick, even layer of spray sunscreen and thoroughly rub it in for it to be effective.

MYTH #5: YOU DON'T NEED SUNSCREEN

TRUTH: Anybody can get skin cancer

Skin cancer doesn't discriminate. It is the most common form of cancer.

Sunscreen isn't enough. Use other sun protection measures such as UPF clothing and wide-brimmed hats.

For more information, visit

<https://www.harkenderm.com/harken-derm-blog/2018/9/19/the-top-5-sunscreen-myths>

