

SUNSCREEN FACTSHEET

WHY USE SUNSCREEN

- When applied properly, sunscreen works to prevent sun damage, prevent skin cancer and prevent premature aging and wrinkles. It works by reducing the effects of UV radiation on the skin.
- UVB is responsible for skin reddening, sunburn and is the major cause of skin cancer.
- UVA is responsible for skin tanning, skin aging, wrinkles and some cancers.
- A broad-spectrum sunscreen blocks both types of UV radiation.

TYPES OF SUNSCREEN

There are two main types of active ingredients in sunscreen.

Physical blockers

Have content such as zinc oxide or titanium dioxide to **reflect** and scatter UV radiation. These are often better for sensitive skins. They work immediately.

Chemical filters

These **absorb** UV radiation and stop it from penetrating the skin.

They can take time to start working therefore need to be applied 20-30 mins prior to sun exposure. Some chemicals can act as both physical and chemical blockers.

WHAT DOES SPF ACTUALLY MEAN?

Sun Protection Factor (SPF) measures the amount of protection from UVB rays.

The SPF number tells you how long the sun's UV radiation would take to redden your skin when using the product exactly as directed versus the amount of time without any sunscreen. So ideally, with SPF 30 it would take you 30 times longer to burn than if you weren't wearing sunscreen.

SPF 30 allows about 3 percent of UVB rays to hit your skin. SPF of 50 allows about 2 percent of those rays through. That may seem like a small difference until you realise that the SPF 30 is allowing 50 percent more UV radiation onto your skin.

CHOOSING A SUNSCREEN

- Broad spectrum.
- Water resistant.
- SPF of 30 or higher for any extended outdoor activity. Ideally 50+.
- Find one that you like to feel and texture of and seek out one for your skin type. See below for some facial sunscreens for your skin type.

HOW TO APPLY SUNSCREEN

It is ideal to apply 20-30 minutes before going outside; especially sunscreen with chemical filters.

Apply evenly to all exposed body parts, remembering your neck, ears, top of head, lips and feet.

HOW MUCH

For an adult, the recommended application is 5ml (approximately one teaspoon) for each arm, leg, body front, body back and face (including neck and ears). That equates to a total of 35ml (approximately seven teaspoons) for a full body application. This is equivalent to one "shot glass".

HOW OFTEN

Every 2 hours and after excessive sweating or swimming.

WHAT ELSE?

It's important not to rely on high-SPF sunscreens alone. No single method of sun defense can protect you perfectly. Sunscreen is just one vital part of a strategy that should also include staying out of the sun where possible, especially in the middle of the day, seeking shade and covering up with clothing, including wide-brimmed hats and UV-blocking sunglasses.

	PHYSICAL LOCKER	CHEMICAL FILTER	SKIN TYPE
Anthelios XL Ultralight Fluid SPF 50+	✓	✓	Light and non greasy. For all skin types including sensitive skin and oily skin. e.g. acne, rosacea
Anthelios XL Ultra Cream SPF 50+	✓	✓	Hydrating. For dry and sensitive skin e.g. dermatitis, eczema, allergy
Propaira Lip Balm SPF 50		✓	Good for sensitive, dry lips. Contains macadamia oil.

Our Dermatologists

Dr Benjamin Carew
Dr Laura Wheller
Dr Matthew Warren
Dr Melissa Carroll
Dr Zachary Boyce

Our Skin Cancer Doctors

Dr Paul Komarowski
Dr Craig Schmeider
Dr Iqbal Hussain

285 Stafford Road, Stafford Qld 4053

Email info@qlddermgroupp.com.au

Phone (07) 3856 5007

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