

CIAMPA APOTHECARY NEWSLETTER

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Protect the Skin You're In!



Sun Facts:

- ❖ The sun emits ultraviolet (UV) radiation which is responsible for premature skin aging, eye damage, skin cancer, and immune system suppression.
- ❖ UVA penetrates glass and is the major cause of skin aging and wrinkling. It plays a primary role in tanning. The skin darkens in an attempt to prevent further skin damage, which can lead to skin cancer.

Look for these and aim for the highest amount of UVA & UVB protection.

UVA Protection		UVB Protection	
Low	★☆☆☆☆	Low	2-14 SPF
Medium	★★★★☆	Medium	15-29 SPF
High	★★★★★	High	30-50 SPF
Highest	★★★★★	Highest	50+ SPF

- ❖ Tanning booths increase the risk of developing skin cancer. Exposure to tanning beds at a young age increases the risk of developing melanoma by 75%.
- ❖ UVB is primarily responsible for skin reddening and sunburn. The most significant amount of UVB hits between 10 AM and 4 PM (April to October), but these rays can damage your skin year-round.

Sun Protection Factor (SPF)

indicates how long it will take for UVB rays to redden skin when using a sunscreen, compared to how long skin would take to redden without the product. For instance, someone using a sunscreen with an SPF of 30 will take 30 times longer to redden than without the sunscreen. An SPF 15 sunscreen screens 93% while SPF 50 screens 98% of the sun's UVB rays. The Skin Cancer Foundation maintains that SPF's of 15 or higher are necessary for adequate protection.

Apply 1 ounce to your entire body 30 minutes before going outside. **Reapply** every two hours, or immediately after swimming or excessive sweating.




Practice Safe Sun:

- ❖ Avoid tanning
- ❖ Pass up the booth
- ❖ Prevent burning
- ❖ Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses. Special laundry additives can also be washed right into regular fabrics to provide extra UV protection.
- ❖ Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- ❖ Examine your skin head-to-toe every month.
- ❖ See your physician every year for a professional skin exam.
- ❖ Daily use of sunscreen is very beneficial. Researchers found that daily application of an SPF 16 sunscreen to the head, neck, arms, and hands reduced melanoma incidence by 50%.



Polarized lenses help prevent eye damage!

For more information, please visit <http://www.skincancer.org> or speak to your Ciampa's staff member today!

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Genie Kim and Samara Shulman: 2012 Pharm.D. Candidates

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