

get set for summer with the new sunscreen rules



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**Annette C.
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*Dr. LaCasse is a
Botsford
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Clinical Oncology confirms again what doctors already knew: Applying sunscreen regularly helps prevent the deadly skin cancer, melanoma.

“Some sunscreen products are better than others,” warns Annette C. LaCasse, D.O., a dermatologist at Botsford and director of Botsford’s Dermatology Residency Program. “Knowing how to select the right sunscreen is key to protecting your skin.”

NOW, CLEARER LABELING

New this year, sunscreen labels have undergone an upgrade to help decode their declarations. Some clearly state that they protect against skin cancer. Dr. LaCasse recommends only using products that the Food and

Sweat-proof.
Broad-spectrum.
Sport formula.
As summer looms, you may become confused with the claims about sun protection while perusing the drugstore aisles.

A new study in the *Journal of*

Drug Administration (FDA) allows to make these claims:

- » Provide broad-spectrum protection, meaning they block both UVB rays (which cause sunburn) and UVA rays (which cause skin aging and cancer)
- » Have a sun protection factor (SPF) of 15 or higher

What’s more, you’ll no longer see the word “waterproof.” No sunscreen can truly last through swimming or sweating. Instead, they’ll be labeled water-resistant. Each one will list the length of time it can protect you: either 40 or 80 minutes.

HOW TO SHOP

Follow Dr. LaCasse’s guide to make sure you’re choosing and using sunscreen wisely:

- » Select products that are **at least SPF 15**. In the new study, they were sufficient to protect against melanoma. The FDA says there’s no proof that numbers

above 50 provide any greater protection.

- » Look for the ingredients **avobenzone, oxybenzone, zinc oxide and titanium dioxide** on the label. These provide protection from both types of harmful rays. Zinc oxide and titanium dioxide act as physical blockers.
- » **Reapply every two hours.** If you are sweating heavily or going in and out of the water, reapply every 40 minutes, even if you’re using a water-resistant formula.
- » Don’t use sunscreen as an excuse to bake in the sun longer. Try to **stay in the shade between 10:00 a.m. and 4:00 p.m.**, when the sun’s rays are strongest.



THE SKIN YOU’RE IN

Need to make that annual dermatology appointment? Want to talk more with a dermatologist about the right sunscreen to use? For help finding a dermatologist, call the physician referral line at **1-877-477-Docl (3621)**.

