

ConradPetersen

DERMATOLOGY

Samantha Conrad MD, FAAD
Erin Petersen MD, FAAD

2845 N Sheridan Rd Suite 700
Chicago IL, 60657
T 773.832.7443 F 773.295.4126

SUNSCREENS UVA and UVB PROTECTION

Sunlight consists of two types of light that can cause or worsen most skin problems:

UVA (ultraviolet A)

Skin cancers
Tanning
Brown spots
Wrinkles
Aging
Rosacea
Less variation with seasons
All year round
All day strong
No rating system available
Passes through glass and clouds

UVB (ultraviolet B)

Skin cancers
Sunburn
Tanning
Strongest in summer
Peak hours 10 am to 4pm
SPF rates UVB protection; SPF 30 blocks 97% of UVB rays (if applied correctly)

Sunscreens that block both UVA and UVB light contain:

- Zinc Oxide (should contain at least 6% zinc oxide)
- Titanium Dioxide
- Avobenzone (additives improve stability of Avobenzone)
- There are other UVA blocking ingredients but they are not as complete as these three.

Recommendations:

- SPF of 30 or higher
- Zinc Oxide or other UVA block such as Helioplex or Anthelios in product
- Remember there is no safe UV light, so there is no such thing as a safe suntan.
- Apply sunscreen daily (even in winter and on cloudy days) and reapply every 2 hours depending on activity.
- Approximately 1 ounce (a shot glass) is necessary to adequately cover the entire body.