

Secrets of Sunscreen

Choosing a sunscreen can be complicated when you consider the different forms and ingredients and, now, new warnings. Take the quiz to learn what's up.



TRUE or FALSE

- | | TRUE | FALSE |
|---|--------------------------|--------------------------|
| 1] Recent reports have questioned the safety and effectiveness of sunscreen. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2] All sunscreens help prevent skin cancer. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3] Just 1 blistering sunburn as a child or teenager more than doubles your risk of developing melanoma. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4] Anyone older than 6 months needs sunscreen when exposed to the sun. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5] People with darker skin don't get skin cancer. | <input type="checkbox"/> | <input type="checkbox"/> |

ANSWERS

1. *True* — However, both the American Academy of Dermatology and the Skin Cancer Foundation say sunscreen is safe and effective, and recent claims suggesting otherwise are based on unreliable studies. Data show more than 1,600 adults who applied sunscreen daily for 10 years significantly reduced their risk of melanoma, the most serious skin cancer.
2. *False* — Sunscreens can help prevent sunburn, but only those products labelled “broad-spectrum” protect your skin from ultraviolet (UV) rays that contribute to skin cancer. Read “Sunscreen Labels.”
3. *True* — Your risk for developing skin cancer also doubles if you've had more than 5 sunburns at any time in your life.
4. *True* — Keep children under 6 months old out of the sun. Their skin is highly sensitive to sunscreen chemicals and the sun. Never put sunscreen on them.
5. *False* — Everyone can get skin cancer. While it's true it's more common for lighter-skinned people to get skin cancer, experts advise everyone to protect their skin from the sun.



Sunscreens
can help
prevent
sunburn.
Check the
labels to
find the
right one.

Sunscreen Labels

Recent studies on sunscreens have suggested they may contain potentially harmful ingredients, including retinyl palmitate, nanoparticles and oxybenzone. The American Academy of Dermatology and the Food and Drug Administration have reviewed the studies and determined the ingredients in question are not harmful.

If you remain concerned, you can find sunscreens without them. **Just check the labels — and look for these additional factors:**

- ❖ Sunscreens labelled **broad-spectrum** protect against UVA rays, which cause tanning and skin aging, and UVB rays, which cause sunburn. Both A and B rays can cause skin cancer.
- ❖ Use a water-resistant sunscreen with an **SPF 30**, especially if you have fair skin or have long periods of sun exposure.
- ❖ Regardless of a product's SPF, all labels must tell users to **reapply** sunscreen every 2 hours during sun exposure.
- ❖ *Waterproof, sweatproof and sunblock* will no longer appear on labels. Instead, products may now state if they are **water- or sweat-resistant**.