

Dr. Tomi Wall's Sunscreen Tips and Recommendations

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WHAT DO I LOOK FOR IN A SUNSCREEN?

- 1) An SPF rating of 30 or higher.
- 2) The words: 'Broad spectrum,' on the label, which means it has proportional UVA protection.
- 3) The words: 'water resistant' for 80 minutes if planning on being in water/outdoor activities where you will be sweaty.

Which ingredients protect me from UVA rays?

The SPF rating was the traditional method used to rate sunscreen efficacy. However, it only measures the amount of protection provided against UVB rays, NOT UVA. Only a few active ingredients provide broad spectrum UVA coverage:
-Physical protection: Works by deflecting, blocking, and scattering UVA and UVB rays, thus preventing the rays from penetrating and damaging the skin. Overall, I prefer physical sunblocks-especially for babies over 6 months, children, or those with sensitive skin.

Ingredients that work via physical protection: zinc oxide, or titanium dioxide

-Chemical protection: Work by absorbing the rays, allowing some to pass through and penetrate the skin. These need to be applied at least 30 minutes prior to sun exposure. (Not as stable as physical blockers)

Ingredients that work via chemical protection: avobenzone (parsol 1789 or helioplex), ecamsule (mexoryl)

What is the difference between UVB and UVA rays?

-Ultraviolet B (UVB) rays are the "burning" rays that penetrate into the skin surface and are associated with suntans and sunburns. UVB rays cause the most damage during mid-day and summer months.

-Ultraviolet A (UVA) rays penetrate into the deeper layers of skin and contribute to premature "aging" of the skin, with development of fine lines and wrinkles. UVA rays are present all year-round, in any weather.

-Both UVA and UVB contribute to skin cancers such as basal cell carcinoma, squamous cell carcinoma, and melanoma.

Do I need to use sunscreen every day?

Yes! It is important to use sunscreen every day, even on cloudy days, or when inside your car or in an office with windows. UVA rays penetrate through the windows of your car, office or home. Think about the cumulative sun exposure you will get over a lifetime!

What if I wear makeup with sunscreen in it...is that enough?

Makeup with SPF provides additional sunscreen protection but is not a substitute. Makeup can be worn over daily moisturizer with sunscreen.

How often do I need to reapply sunscreen if I am out all day?

Reapply sunscreen often if you are sweating or swimming. I recommend reapplying each time you get out of the water, or every two hours in direct sunlight.

How do I protect my child from the sun?

- 1) Keep infants out of direct sunlight. Sunscreen is not recommended for infants less than 6 months old.
- 2) For children, stick sunscreens are a "no fuss" way to apply sunscreen. Sunscreens with titanium dioxide or zinc oxide are my preference.
- 3) Teach children sun protection early. Sun damage occurs with each unprotected sun exposure and accumulates over the course of a lifetime. 75% of sun damage occurs before the age of 18.

4) Keep children covered with broad brimmed sun hats and UV protective swim clothes.

I work out and don't like when the sunscreen gets into my eyes. What can I do to prevent this?

Prevent sunscreen from getting into the eyes with sweating by use a lip sunscreen and/or a stick sunscreen around the eyes. These types of sunscreens are in a waxy base and adhere well to the skin despite sweating. Some 'Sport' sunscreens may also prevent running of the sunscreen into the eyes.

What are some other sun protection tips?

Avoid sunlight during the peak intensity hours of 10am - 4pm. Keep covered with a broad brimmed hat, UV protective sunglasses, and sun protective clothing.

Are there any good websites to get more information on sunscreen and sunprotection? Yes.

<https://www.melanoma.org/understand-melanoma/preventing-melanoma/facts-about-sunscreen>

<https://www.aad.org/public/spot-skin-cancer/learn-about-skin-cancer/prevent/sunscreen-labels/how-to-decode-sunscreen-lingo>

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

<http://www.sunsafetyforkids.org/resources/curriculum/>

What sunscreens do you recommend?

Please keep in mind that there are many other great brands out there. These are only some of my suggestions.

Daily Use Moisturizers with Sunscreen for all skin types.

(These are great for daily use, may not be enough protection for heavy sun exposure.)

- EltaMD UV clear SPF 46 (available at our office)
- Eucerin daily protection SPF 30
- Anthelios SX SPF 60 melt-in sunscreen milk
- CeraVe AM Facial Moisturizing Lotion Sunscreen, SPF 30
- Cetaphil UVA/UVB defense SPF 50

Sunscreens for Oily or Acne Prone Skin

- Anthelios SX SPF 60 ultra light sunscreen fluid (available at our office)
- EltaMD UV clear SPF 46 (available at our office)
- Neutrogena clear face liquid lotion SPF 30/55
- Presun Ultra Gel

Sunscreens for Children/Babies greater than 6 months, and for Sensitive Skin

- Neutrogena Pure & Free® Baby Faces Ultra Gentle Sunscreen Broad Spectrum SPF 45+
- Blue Lizard Australian Sunscreen-Sensitive or baby SPF 30
- EltaMD UV clear SPF 46 (available at our office)
- Solbar shield SPF 40
- Neutrogena Pure & Free Baby Sunblock SPF 60+, Stick
- Aveeno Sun Baby Natural Protection SPF 30

Sport Sunscreens or for extensive sun exposure

- EltaMD UV sport SPF 50 (available at our office)
- TIZO Ultra sensitive sun protection SPF 35/40 (<http://tizofusion.com>)
- Blue Lizard sport or regular SPF 30+ (<http://www.bluelizard.net>)
- Coppertone Sport SPF 30
- Vanicream™ Sunscreen Broad Spectrum SPF 50+

Lip Sunscreens

- Vanicream lip protectant SPF 30
- Anthelios antherpos lip sunblock cream 50
- Fallene Lipcotz Lip Protection, SPF 45

No Animal testing

- Nature's gate sport block SPF 30
- Badger SPF 30 Unscented Sunscreen Cream