

HEALTH HINTS

Choosing Sunscreens

(NAPSA)—Sunscreen is a critical element of preventive health care—regardless of your age. While it can't completely protect you from the possible harmful effects of the sun, it's still a good idea to wear sunscreen whenever you're outside. The following tips can help you choose the best sunscreen for you and your family:

- Pick a broad-spectrum sunscreen that protects against UVA and UVB rays and has an SPF of at least 15.



Always check your sunscreen for an expiration date. Some sunscreens degrade over time.

- Look for a waterproof brand if you will be sweating or swimming, and remember to reapply as directed for fullest protection.

- Be aware that more expensive does not always mean better. Some national brands are 30 percent more costly—and not necessarily more effective—than a store-brand version, such as CVS Sport Sunblock Lotion.

- People with sensitive skin should avoid chemical-based sunscreens and instead opt for products that are zinc oxide or titanium dioxide based.

- Be aware of the expiration date because some sunscreen ingredients might degrade over time.