

Skin Health Facts

Sunscreens: What Everyone Should Know

(NAPSA)—As people pack their bags and head outdoors, many don't realize that sunscreens contain a diverse group of ingredients which affect the protection, therefore they should read the label before choosing.

According to one survey, 40 percent of consumers find over-the-counter drug labels difficult to read. Following are common phrases you might find on a bottle of sunscreen:

- **Broad Spectrum Protection:** The U.S. government classified broad spectrum UV light as a known human carcinogen. Sunscreens containing both UVB/UVA filters offer the most coverage against both types of rays. Combined with antioxidants such as vitamins E and C (STAY-C® 50), you can achieve enhanced skin protection against UV-induced free radical damage, which accelerates the aging process.

- **All Day Protection:** There is no such thing as sunscreen that provides all day protection. Reapply sunscreen every 1½ hours.

- **SPF:** Always wear products with SPF of at least 15. Also, be aware that SPF indicates the protection against UVB or burning rays and not UVA rays that cause premature skin aging. Look for products that say "Broad Spectrum Protection" to safeguard against both types of UV rays.

- **Water-resistant, Very Water-resistant:** No sunscreen is completely water-resistant or very water-resistant. Water-resistant sunscreens protect skin after 40 minutes of water exposure and



Knowing how to read a sunscreen label can help protect your skin from sun damage.

very water-resistant sunscreens protect skin after 80 minutes of water exposure.

It also helps to understand the ingredients in sunscreens and how they protect you:

- **Parsol® 1789**, also known as avobenzene, is a unique UVA filter which protects against the widest range of the UVA spectrum. Parsol 1789 is a UVA absorber, which means it intercepts dangerous UVA rays before they penetrate the skin.

- **Parsol® MCX**, widely known as Octinoxate, Octyl Methoxycinnamate and Ethylhexyl Methoxycinnamate, is one of the most commonly used UVB filters. It works to block UVB rays that cause sunburn and premature aging.

- **Vitamins C (Ascorbic Acid, STAY-C 50) and E (Tocopherol and derivatives)** are antioxidants which when combined with UVB/UVA absorbers, enhance skin protection from UV rays.

Understanding how to protect yourself from the sun is the only way to prevent premature skin aging and possibly skin cancer.