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Share the Wellness Tip

Shedding Light on Sunscreen

If you think you understand sunscreen, you may want to think again. An American Academy of Dermatology (AAD) survey found that many people are confused about SPF numbers and how to use sunscreen correctly.

Only 18% of respondents knew a sunscreen with SPF 30 does not provide twice the protection of an SPF 15. The difference of protection between SPF 15 and SPF 30 is 5%.

- Only 28% of respondents who said they sometimes or always use sunscreen reapplied sunscreen every two hours.
- Research also indicates that most people only apply 25% to 50% of the recommended amount of sunscreen (*one ounce for the entire body, or enough to fill a shot glass*).

Before you lather up, learn what you need to use so you don't get burned. According to the AAD, use only those sunscreen products that offer:

- Broad-spectrum coverage (label may read "broad spectrum," "protects against UVA/UVB", or "UVA/UVB protection")
- SPF of 30 or higher
- Water resistance

The AAD also recommends;

- Reapplying sunscreen every two hours when outdoors
- Finding shade whenever your shadow appears to be shorter than you are
- Wearing protective clothing, including long sleeves, pants, a wide-brimmed hat, and sunglasses

