

Tanning Beds = BAD

- ◆ Tanning booths emit mostly UVA rays.
- ◆ 3 to 8 times greater amount of UVA radiation than sunlight.
- ◆ UVA rays are more harmful than UVB rays and are associated with skin aging and skin cancer.



What's in Your Sunscreen?

Make sure your sunscreen can block both UVA and UVB rays from the sun:

UVA:

- ◆ Oxybenzone
- ◆ Sulisobenzene
- ◆ Avobenzone

UVB:

- ◆ PABA
- ◆ Padimate
- ◆ Salicylates
- ◆ Cinnamates
- ◆ Oxybenzone
- ◆ Sulisobenzene

Covers Both:

- ◆ Titanium Dioxide
- ◆ Zinc Oxide

03/2009 For a complete list of references used to create this brochure or for additional copies, visit our website:
<http://pdedelta.rso.wisc.edu>

What Does SPF Mean?

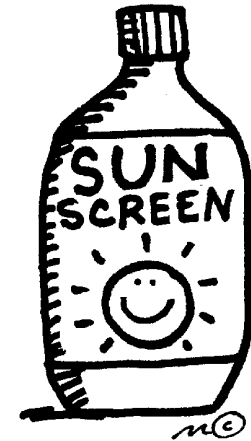
Sun Protection Factor



- ◆ SPF is related to the amount of UVB radiation that can be tolerated before burning.
- ◆ A person who can typically stay in the sun for 10 minutes before burning will be able to stay in the sun for 150 minutes with an SPF 15 sunscreen (10 minutes x SPF 15 = 150 minutes).
- ◆ Sunscreens that have an SPF of at least 15 are recommended.
- ◆ Sunscreens with an SPF greater than 30 are **NOT** more beneficial in blocking UVB rays than those with an SPF of 30.
- ◆ No matter how high the SPF, it is always important to reapply sunscreen frequently when you are in the sun!
- ◆ SPF does **NOT** give any information about the amount of protection from the harmful effects of UVA radiation.

THE SUN AND YOU

Facts to Help You Protect Your Skin



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Damaging Effects

- ◆ There are two types of damaging rays that the sun emits: UVA and UVB.
- ◆ UVA rays are more harmful than UVB radiation. They penetrate deep into the skin and are associated with skin aging.
- ◆ UVB rays are the biggest cause of sunburn.
- ◆ UVA rays are present all day, year-round, even if it is cold and cloudy. This is why it is important to protect your skin every day!
- ◆ Both UVA and UVB rays have been linked to cancer.
- ◆ It was estimated that over 60,000 people would be diagnosed with melanoma, a deadly form of skin cancer, in 2008.
- ◆ Cataracts are linked to long-term sun exposure so eyewear with UV protection is important as well.

Prevention & Protection

What to do before going outside

- ◆ Apply about two tablespoonfuls of a sunscreen that protects you from UVA and UVB rays 30 minutes before going outside.
- ◆ Apply at least one teaspoonful of sunscreen for your face.
- ◆ Reapply at least every two hours you are in the sun. Apply it more often if you are swimming or sweating. Apply to dry skin.
- ◆ Sunscreen increases absorption of DEET, avoid bug repellants with this chemical while in the sun.
- ◆ Daily moisturizers with SPF are a good way to protect against daily sun exposure.

What to do if you get sunburned

- ◆ Stay out of the sun because sunburn symptoms usually don't reach their peak until 16-24 hours after exposure.
- ◆ Apply cool water compresses for 20 minutes three to four times per day.
- ◆ Lotions can reduce dryness and be soothing to the skin. Examples: Nivea, Eucerin, Lubriderm, and Vaseline. Put them in the fridge to help cool the burn as well!
- ◆ Acetaminophen, aspirin or ibuprofen can help relieve sunburn pain.

Other Precautions

Drugs & sun sensitivities*

- ◆ Antibiotics
- ◆ Chemotherapy drugs
- ◆ Diuretics (“water pills”)
- ◆ Tricyclic Antidepressants (e.g. Amitriptyline, Nortriptyline)
- ◆ NSAIDS (e.g. ibuprofen, Aspirin)
- ◆ Other drugs & herbals

*For further details, check with your pharmacies



Diseases & sun sensitivities

- ◆ Lupus
- ◆ Porphyria
- ◆ Sjogren's syndrome
- ◆ Vitiligo
- ◆ Xeroderma pigmentosum