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2 Categories of Sunscreen

Part of Fruit on the Beach ©

Sun screen is your first line of defense in the fight against aging and cancer and as long as you're going to make the effort of applying it daily, you'll want to be picky about what you are going to put on your face and body. Usually the pricier sun screens have healthier ingredients in them and less chemicals and your face is worth it. Think about it, even the most expensive sun screen is cheaper than a face lift! Choose the one you love and it will be a pleasure to apply it daily.

Below you will see defined, 2 categories of sun screens. I want to recommend that you read the ingredients, not just the SPF, in your sun screen carefully before making your purchase. Think about your activity and choose the sun screen to fit it. You may want a few sun screens on hand to customize your use. For example if you are going to be playing sports in the hot sun, up your zinc content, If you have oily skin, you may want oil free sun screen, if you drive a lot, make sure you have a spare tube in your car and so forth. All of course should be UVA/UVB.

Recently, the controversy of chemicals in our sun screens has appeared on TV and in the news and a few of you have asked me to address this issue. Though it has long been known that these chemicals are cancer causing agents they continue to remain in our sun screens. It is difficult to navigate the maze of information regarding safe sunscreens. There are many sunscreens that make unsubstantiated claims, controversies regarding the chemicals in the sun screens change, and new improvements crop up continually. It's a test to us all. Below I've listed a few web sites for further insight and I hope this information will help you with your decision. Please read the ingredients in your sun screen.

Basically there are 2 kinds of sun protection:

1. Mineral or physical blockers

1. Reflect and scatter the sun's rays UVA/UVB
2. Nonirritating and non-allergenic
3. Minerals: Titanium Dioxide and Zinc Oxide
4. Zinc is photostable - doesn't break down
5. Zinc is the broadest UVA/UVB reflector approved by the FDA

2. Non mineral or chemical screens.

1. Absorb the rays - UVA/UVB
2. More transparent - goes on easily
3. Not water resistant
4. Disintegrate quickly, must be reapplied often
5. Absorbed into the body

6. Can be irritating to the skin, can cause allergic reactions
7. Most common chemicals: Avobenzone, Oxybenzone (2 of the most cancer causing chemicals)
8. Create a photocatalytic reaction leading to free radicals
9. May cause other health issues

Oxybenzone provides UVB protection and offers only minimal UVA protection. Avobenzone which absorbs UVA rays may be added. Each is chemically unstable when exposed to rays and must have additional chemical stabilizers and preservatives. The chemical list gets longer! Since they disintegrate quickly and must be reapplied often they have a greater risk of being absorbed into the body in larger quantities where they are oxidized into free radicals and cause damage. Helioplex is a branded, no meaning, and made up name by Neutrogena for a patented formula of UVA/UVB skin protection containing Avobenzone and Oxybenzone. These chemicals form free radicals. It's on the do not use list of sun screens. (See additional links below for more information).

[The Difference Between Sunblock and Sunscreen](#)

[Does Sunscreen Damage Our Skin](#)

[EWG 2022 Sun Screenc Guide](#)

[EWG on Toxic Sun Screens](#)

[EWG on Oxybenzone](#)

[Is Your Screen Listed in the Hall of Shame](#)

[Eight Little Know Facts About Sun Screens](#)

[Sunscreen](#)

[Ultraviolet](#)