

**LeDerm Laser Medical Aesthetics**  
**922 Waltham St. Lexington MA 02421**  
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**SFP**  
**Sun Protection Factor**  
Part of Fruit on the Beach ©

It is usually numbered 2-100 on the sunscreen product and rates the degree of protection it provides and refers to sun protection of UVB rays only and not UVA or AGING rays. It is deceiving in that one would think the higher the SPF the better protection. Not entirely true. It is thought that the effectiveness of a sunscreen can be calculated simply by multiplying the SPF by the length of time it takes for a person to suffer a burn without sunscreen. Anyone care to test this?

[30 SPF to 45 SPF](#) your sun protection only increases by 1%.

**30 SPF is 98% protection and 50 SPF is 99% protection.**  
**So anything above 50 SPF is all baloney!**

The protective level of a sunscreen plateaus around SPF 30-32 and that is why most doctors recommend sunscreens with SPF of 30.

With this misleading thought process, people are spending far too much time in the sun and increasing their risk of damage. For example some people think that by wearing a sunscreen with 50 or more SPF they don't have to reapply it in 2 hours. They are putting themselves at a significantly high risk.

Several factors must be considered for your protection like the length of exposure, time of day, geographic location, altitude, and weather conditions and UV Index.

Use good knowledge and common sense about protecting yourself.

But you know what Mark Twain says about common sense? Not too common - so better to rely on facts and those who know.

[Check your area's UV Index](#)

UVI is a measure of the level of Ultra Violet radiation. Check the level in your area to assist you with in your sunscreen choice.

The higher the UVI, the greater the potential for damage to the skin and eye, and the less time it takes for harm to occur.