



## Sun Protection

All sun exposure to the skin is cumulative. Most damage occurs in early life and begins to cause issues in middle age. While we cannot go back in time, prevention moving forward is crucial at any age.

### Daily SPF:

- Wear a daily facial moisturizer with SPF30+ on the face, neck, chest, backs of hands YEAR LONG (not just in summer months), and even if you work inside
- Zinc or Titanium oxides offer the broadest protection
- Apply to all exposed body sites with an SPF50+ if you have plans to be and stay outside

### Protective clothing:

- A wide brimmed hat offers superior protection to a baseball cap, covering forgotten places like the tops of ears- a high risk location for skin cancer- and the back of the neck
- UPF clothing is lightweight and often doesn't add heat

### Niacinamide (Nicotinamide):

- Nicotinamide/Niacinamide is an over the counter B3 vitamin that has been shown to reduce the occurrence of basal and squamous cell carcinomas
- NOT Niacin. Niacin is the same B vitamin but causes flushing
- The recommended dosage is 500mg twice daily
- Available at GNC, Vitamin Shoppe and Amazon

## Frequently Asked Questions

### *What about Vitamin D?*

The daily recommendation is 400 IU. Even without sunscreen it is difficult to get enough vitamin D to meet this requirement, so it is best to take as an oral supplement in combination with Calcium. If you are fighting dark spots or precancers, you need to use sunscreen consistently for success.

### *How much sunscreen do I need?*

A typical adult requires an ounce (1 shot glass) of sunscreen to cover the entire body- more than most people realize.

*Sunscreen makes me break out, and gets in my eyes, and I hate the way it feels. Sometimes I use it and I get burned anyway.*

Common complaints. You might not be using the right sunscreen for your needs. The personal care industry has exploded and with aisles of products, it can be hard to know what to use.

- For the face, look for oil-free and non-comedogenic on the labels. This means it shouldn't cause acne. Bonus ingredients are Hyaluronic acid or other anti-oxidants and formulations that make a product feel elegant and not greasy.
- For outdoor activities, water proof/ sweat proof formulations and ingredients that make sunblock stay in place will prevent that eye-stinging sensation.

Talk to your provider about specific needs for your skin type and lifestyle!