

THE NAKED TRUTH ABOUT SUN PROTECTION

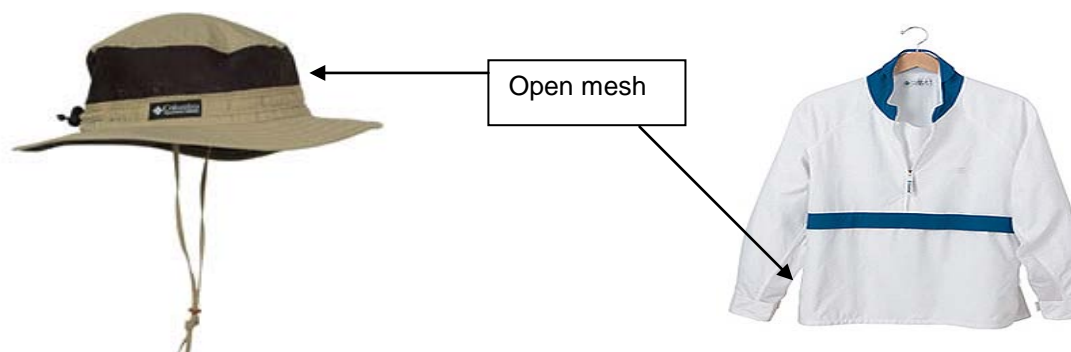
Remember to take your **VITAMIN D SUPPLEMENTS** (see back)

Although the sun is always damaging to the skin, the amount of damage can be limited by a few sensible precautions: 1) Minimize direct exposure to mid-day sun, 2) wear a broad hat and shirt, 3) use a broad-spectrum sunscreen.

TIPS ON CLOTHING

When in the sun, **CLOTHES ARE THE BEST PROTECTION**. Sunscreen should only be used in addition to a broad hat (3 – 4 inch brim) and a shirt. Most fabrics that cannot be seen through will give reasonable protection, but the new microfiber nylons are very sun protective.

www.sunprecautions.com (1-800-882-7860) make very good protective products. The products pictured below from other companies are especially inexpensive and breathable.



NOTE: Prices listed below are subject to change, please confirm price before purchasing.

Bora Bora Booney™ by Columbia microfiber nylon cloth with black mesh crown, wide brim, sweatband, and only 2 oz. \$20 at www.rei.com 1-800-426-4840
Cruiser Hat www.sundayafternoons.com
LTM6 www.Tilley.com more stylish

Well ventilated long sleeve microfiber treated nylon tunic shirts with mesh low back and panel under arms. **Athletic Jacket** www.coolibar.com \$60 1-800-926-6509. Other options *Eco-Mesh Shirt* \$49
Eco-mesh Pant with side mesh zipper vents \$69
www.railriders.com 1-800-437-3794

Long Sleeve Clothes for High Energy Activities with Heavy Sweating

Waffle knit polyesters are lightweight, soft, extremely breathable and “wick” moisture off the skin to provide a comfortable feel even on a hot day. They are not as durable as the supplex clothes mentioned above, but move more moisture off the skin. Wicking light weight www.nashbar.com or www.performancebike.com or www.altrec.com has The North Face El Cap Shirt for \$45 . Other similar closed hole or waffle knit mesh polyester items can be found at sports and outdoor stores. Thin Coolmax over the calf sock liners protect the lower leg when wearing shorts with almost no warming effect: www.thorlo.com/socks/hiking-socks/over-calf/560.php for \$15 (888-846-7567).

Sun Protective Swimwear

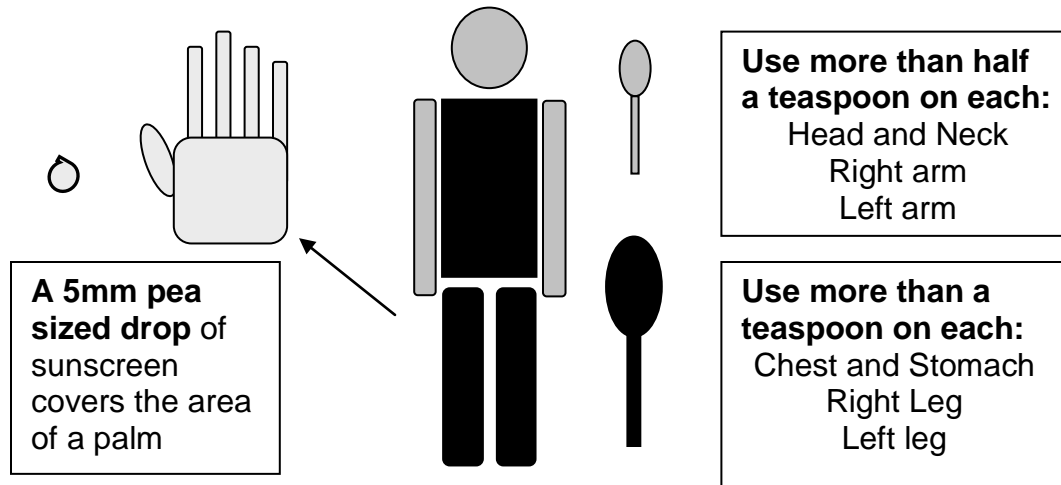
Sunscreens even under ideal application guidelines still permit tanning and sundamage. Wearing a Lycra shirt provides significant sun protection and is not heavy and limiting as wearing a cotton T-shirt in the water. The garments are called rash guards or flash suits and can be purchased at dive or surf shops and seasonally at Costco and Longs. www.diversdirect.com 1-800-dive-usa sells short sleeve rash guards for \$20, long sleeve for \$25 and full body suits for \$50.

www.sunproof.com 1-877-786-7848 or www.skin-savers.com sells children’s and adult styles.

TIPS ON SUNSCREEN

Use a sunscreen with SPF 30 or higher. Most people use only a third to half the amount of sunscreen needed to get the rated SPF factor. An ounce is needed to cover the entire body. A simple rule (see below) would be to use half a teaspoon each on 1) the face and neck, 2) right arm, 3) left arm; a whole teaspoon each on the 1) chest and stomach, 2) back, 3) right leg, 4) left leg. Another estimate is to use a pea-sized (5mm or 3/8 inch) drop to cover the area of a palm .

THE RECOMMENDED AMOUNT OF SUNSCREEN TO APPLY TO EACH BODY SITE TO GET THE SPF FACTOR ON THE LABEL



The SPF (Sun Protection Factor) rating is based on *UVB* (ultraviolet sunrays which may cause sunburn and skin cancer) blocking ability. To be broad spectrum, a sunscreen should also contain a good *UVA* (causes wrinkling, mottling and skin cancer) block such as *AVOBENZONE* (plus octocrylene or *MEXORYL* 2% just FDA approved which act as photostabilizers), *ZINC OXIDE* or *TITANIUM DIOXIDE*. Examples of sunscreens which cost \$8-12 for 4 oz. at Kaiser or outside):

- *AVOBENZONE* 3%: **Solbar 30 PF gel, Neutrogena 55 with helioplex, Coppertone 50**
- *ZINC OXIDE* 8%: **Solbar Zinc, Coppertone Pure & Simple 50** 14% or chemical sunscreen free **Solbar Shield, Vanicream** 30 or 60 at www.psico.com or Walgreens
- *TITANIUM OXIDE* 9%: **Neutrogena 30 Sensitive Skin.**

For the average person a sunscreen with SPF 15 or higher properly applied when wearing a broad hat and at least a short sleeve shirt will give reasonable protection, except when out in the sun for longer periods of time. Sun sensitive persons with fair skin should wear long sleeves and high SPF broad-spectrum sunscreens. Sunscreen should be reapplied every few hours especially when sweating heavily or swimming and toweling.

Lip and Eye Protection

Blistex Lip Massage spf 15 or Banana Boat Aloe Vera 45 both contain photostablized avobenzone. Lipcotz and other zinc oxide physical blocks for those who are sensitive to chemical sunscreen are available from www.dermatone.com 1-800-225-7546. It is also important to wear glasses labeled "ultraviolet protective" in sunny weather.

Car Window Glass UV Filters

These are available for car side windows as clear plastic sheets commercially installed. Call Llumar at 888-288-7443 for referral to a local dealer or <http://www.llumar.com>

Vitamin D

A dietary supplement of vit D 1000 units (and calcium rich diet) for bone strength is important. Fifteen to 20 minutes of midday sun(except in winter) to arms may provide adequate vit D , but older people require much more exposure to produce adequate doses and would be safer to take a supplement.