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Sun Exposure and Sun Damage

In the realm of dermatology we have acceptance and responsibility as two key components we need. Why? Well, I will tell you why.

The lack of protection from the sun is one of the underlying driving forces to precancers (actinic keratosis), wrinkles, pigmentation, and even skin cancer. Unfortunately most every person avoids the level of protection needed. We need to wear sunscreen and protect ourselves. Even a scientific study done on farmers in west Texas backs this up. When sunscreen was applied to one half of the face and not the other half during three months over a summer the side of the face with sunscreen applied every day has half as many precancer (actinic keratosis) growths as the other side of the face.

This simple study demonstrated the power of daily sunscreen for reducing precancer lesions. On top of this we know age spots, wrinkles and skin cancer are caused by sun exposure.

So to get our skin looking and feeling the best we need to use sunscreen every day. This can be in the form of lotions, sunscreens themselves and make up for women. In addition obtaining the proper ingredients can be key. Finding sunscreen with Titanium dioxide or Zinc oxide is useful since these ingredients are physical blockers. This means they bounce the sun off the skin. Another quality ingredient in sunscreen is Avobenzone or Parsol 1789. This is also an excellent ingredient which can be a powerful agent in preventing sun damage.

Use daily sunscreen with Titanium dioxide, Zinc oxide or Avobenzone (Parsol 1789) to reduce your risk of sun damage and skin cancer. The simple habit could pay big dividends.

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