Sunscreen Q & A with Dr. Moore

As we head into summer, what sunscreen should I use? Understanding what to look for when you select your sunscreen can be imperative to receiving the maximum benefit and protection possible from your sunscreen. Becoming sunscreen savvy can help prevent skin cancer, age spots, and reduce wrinkles. Some tips to protect yourself properly are as follows:

1. **Buy sunscreen you will use.** Whether it is a lotion, a spray or a powder (yes, they do sell powder sunscreens, which men tend to like).

2. **Be Skin Wise about ingredients.** Four ingredients consistently block the most UV rays. These are Titanium dioxide, Zinc oxide, Parsol 1789, or Meroxyl. Read the label of your sunscreen to find these key ingredients.

3. **Use and apply properly.** Use sunscreen rated as SPF 30 or higher. Also apply more than you think you need as most people do not apply enough sunscreen. A dermatology study showed people who applied sunscreen twice twenty minutes apart before going outside had much better protection.

4. **If you wear makeup, be sure to wear sunscreen.** There are many different options for applying sunscreen when you wear makeup. You can purchase a makeup (foundation or powder foundation) that contains sunscreen, apply a liquid sunscreen under makeup or purchase a powder sunscreen that can be applied over makeup. The power sunscreen can be a great option because it allows you to reapply sunscreen throughout the day to ensure you are always protected.

Following these steps can reduce your risk of skin cancer and keep your skin looking healthy and youthful. Call our office today at **574-522-0265** for your dermatology evaluation. No referral necessary.