

Finding the Best Sunscreen for You

To achieve the most protection, the main ingredient to look for in sunscreen is zinc oxide. The sun emits both UVA and UVB rays, both of which lead to skin cancer. UVA rays are most known for their aging effects on the skin and UVB for their burning effects. Micronized zinc oxide sunscreens are available through our [online store](#), as well as in many Platinum Network physician offices. Micronized zinc oxide sunscreen products may also be found over the counter. We strongly recommend you select one with SPF 30 or greater.

As dermatologists, and skin care experts, we strongly recommend every person apply sunscreen as part of your daily routine, to all exposed skin areas, year-round, even on cloudy and rainy days. UVA and UVB rays can penetrate glass in your office and car windows and you can experience damage from ultraviolet lights found in many office structures. We recommend sunscreen to be applied at least 20 to 30 minutes prior to heading outdoors to give your skin time to absorb the protection. Remember to reapply often, especially after you've been sweating, and in particular to your hands after washing.

The American Cancer Society reports that one in five people living the United States will develop skin cancer in their lifetime. As adorable as they are, freckles are often a sign that sun damage has occurred. Lather up on your sunscreen to cover all parts of your body. Sun damage can even happen under your clothing.

One product we recommend all patients consider is called Heliocare®. Heliocare protects your skin from damage from the inside out. It's a plant-derived supplement researched at Harvard Medical Center that helps to prevent sun burns by taking two pills on days of increased sun exposure. You may also wish to take this as part of your vitamin routine. Heliocare is safe for teens.

Other products you may wish to consider include EltaMD®, SkinMedica®'s TNA Essential Serum or Vitamin C+E or SkinCeuticals® Resveratrol BE.

[Click here](#) to link to our online store.