

# THE NAKED TRUTH ABOUT SUN PROTECTION

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. When outside in the mid-day (10am-3pm) during the sunny season from March until October try to find shade.

When in the sun, clothes are the best protection. Sunscreen should only be used as a supplement to a broad hat (3 – 4 inch brim) and a shirt. Any fabric that cannot be seen through will give reasonable protection, but the new microfiber nylons are very sun protective. SunPrecautions.com (1-800-882-7860) make uncompromisingly protective products. The products pictured below from other companies are especially inexpensive and breathable.

Use a sunscreen with SPF 30 or higher, because most people use a third to half the amount of sunscreen needed to get the rated SPF factor. A simple rule would be to use half a teaspoon each on 1) the face and neck, 2) right arm, 3) left arm and a whole teaspoon each on the 1) chest and stomach, 2) back, 3) right leg, 4) left leg. The SPF rating is based on UVB (causes sunburn and skin cancer) blocking ability. To be broad spectrum, a sunscreen should contain a good UVA (causes wrinkling, mottling and skin cancer) block such as avobenzone (Parasol 1789) which is clear or zinc oxide or titanium dioxide, which are slightly whitening. *Ombrelle 30* or *Solbar 30 PF gel* with 3% avobenzone, *Solbar Zinc* or *Vanicream* ([www.psico.com](http://www.psico.com) 1-800-325-9232) SPF35 with 8% microfine zinc oxide and *Neutrogena 30 Sensitive Skin* (with 9% titanium dioxide) are some of the best products at about \$8-10 for 4oz. For the average person any 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 long periods of time. Sun sensitive persons with fair skin should wear long sleeves and high SPF broad-spectrum sunscreens.



*Bora Bora Booney™* by Columbia microfiber nylon cloth with black mesh crown, wide brim, terry sweatband, and **only 2oz.**

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