



DERMATOLOGY
SPECIALISTS

Diana K. Nguyen, MD
Carole C. Aponte, MD

Cameron L. Coury, MD
Kara Pretzlaff, MD

Sun Protection

- Avoid outdoor activity if possible during “peak hours” of 10am-4pm
- Seek shade, wear sun protective clothing (hats, UV protective clothing)
 - *Example: Columbia outfitters, Coolibar*
- Look for broad spectrum sunscreens, at least **SPF 30**, preferably water resistant
- Take anti-oxidants as directed if recommended by your dermatologist

Facial Sunscreens

- Products with Zinc oxide and titanium dioxide are best for sensitive skin
- Elta MD UV Daily, UV Pure, UV Elements (tinted), UV Restore (tinted): sold here
- Neutrogena Sensitive Skin, Sheer Zinc, Hydro Boost sunscreens
- Skinbetter Science SPF56 Sunstick
- La Roche Posay Anthelios 50 Mineral Ultra-Light Fluid
- Vanicream Sunscreen
- CeraVe Hydrating Mineral Sunscreen

Body Sunscreens

- Elta MD UV Sport, UV Physical: sold here
- La Roche Posay Anthelios products
- Neutrogena Ultra Sheer, Hydro Boost, Beach Defense, CoolDry Sport Stick
- Aveeno Continuous Protection, Positively Mineral, Protect + Hydrate
- Coola Suncare (online) mineral/physical SPF30+
- Blue Lizard, Sun Bum, Cetaphil mineral/physical products

Topical antioxidants: for use on a *clean, dry* face in the morning

- Skinceuticals CE Ferulic (dry skin) and Phloretin CF (oily skin): sold here
- Revision C+ Correcting Complex 30%: sold here
- Skinbetter Science Alto Defense Serum

Oral antioxidants

- Nicotinamide (non-flushing version): 500mg twice daily for patients with history of non-melanoma skin cancer
- Polypodium leucotomos: 240mg capsules, take two 30min prior to sun exposure for extra UV protection does NOT take the place of sunscreen

What’s the deal with “chemical” versus “physical” sunscreens?

Chemical sunscreens are products that absorb the sun’s UV rays as they attempt to harm the skin, while physical sunscreens contain mineral ingredients (zinc oxide and titanium dioxide) that sit on top of the skin and deflect away the UV rays. They both have their pros and cons, but there have been concerns that certain chemical sunscreen ingredients are absorbed into the bloodstream, possibly in unsafe amounts. However, it is the American Academy of Dermatology’s stance that appropriate sunscreen use remains an important way to protect yourself from harmful UV rays that are known to cause sunburn and skin cancer. For anyone wanting to avoid chemical sunscreens, but still remain protected, the physical blockers are an excellent option.