



## Some of our favorite sunscreens at Krauss Dermatology


### Best for Acne-prone or Rosacea-prone skin:

- ☐  **Elta MD UV Clear (\$37)**- Helps calm and protect sensitive skin types prone to discoloration and breakouts associated to acne and rosacea.

### Best for Sports:

- ☐  **Elta MD UV Sport (\$26)**- For those who just love to be outdoors! UV Sport is water-resistant. This product is for the body and face.
- ☐  **Elta MD UV Sheer(\$30)**- Facial sunscreen UV Sheer has a lightweight, hydrating formula that feels silky to the touch and light and airy on the skin




### Best for kids/allergy prone skin:

- ☐  **Elta MD UV Pure (\$27.50)**- For those who want chemical-free active ingredients, UV Pure is the ideal daily sunscreen.

### Best for history of skin cancer or pre-skin cancer:

- ☐  **ISDIN Eryfotona Actinica(\$50)**- Contains, naturally occurring enzymes which are clinically proven to repair existing sun damage.



### Best for skin perfecting:

- ☐  **ISDIN Mineral Brush(\$50)**- A silky, smooth, fine powder, provides on-the-go protection against the visible signs of photoaging
- ☐  **Intellishade (Truphysical and Original) (\$80)**- A 5-in-1 daily anti-aging tinted moisturize with SPF 45 that is formulated to correct, protect, conceal, brighten and hydrate skin.
- ☐  **SunBetter Compact (\$65)**- High level of sun protection in a tone-adapting, silky smooth compact that provides a hint of blendable color.

### Easiest to apply:

- ☐  **EltaMD UV Stick(\$34)**- EltaMD UV Stick is easy-to-apply, mess-free, residue-free sun protection that's Dermatologist tested and formulated for the whole family and all skin types.

### Best for dry skin:

- ☐  **EltaMD UV Lotion(\$37.50)**- Use EltaMD UV Lotion from head to toe to hydrate the skin and protect against sun damage.
- ☐  **EltaMD UV Facial(\$30.50)**- Specifically for moderate to dry skin, it is beneficial for all skin types needing a moisture boost and UV protection

### Recommended Antioxidants:

For more protection applied under your sunscreen

- ☐  **Skinceuticals CE Ferulic or Phloretin CF**- A patented daytime vitamin C serum that delivers advanced environmental protection
- ☐  **Alto Defense Serum**- Defend against free radicals and the visible effects of skin aging due to environmental stressors, including blue light and pollution



## **Why sunscreen?**

Broad-spectrum sunscreen protects from the sun's damaging UVA and UVB rays. These wavelengths of light result in DNA damage over time leading to the development of skin cancer and photoaging. Photoaging causes skin thinning, wrinkles and discoloration.

Wearing sun protective clothing (such as Coolibar, Sun Precautions), broad-brimmed hats, and seeking shade are also important interventions for optimal sun protection in addition to wearing spf 30 and above sunscreen.

## **How to use**

Apply to all areas of potentially sun exposed skin every day. When outdoors continuously, sunscreen should be re-applied every two hours. Be extra careful between 10am and 2pm when the sun's rays are strongest. Additionally, be cautious around water or snow as these can reflect the sunlight and cause more rapid burning to occur. Swimming and sweating can wash off sunscreen, so using water resistant formulas is beneficial.

## **Mineral vs Chemical sunscreen**

Mineral sunscreens include the ingredients zinc oxide and titanium dioxide which work by reflecting the sun's rays. These are the sunscreens of choice for sensitive skin as they tend to be less allergenic. Their ingredients are also thought to be the safest available, particularly for children.

Chemical sunscreens include ingredients that absorb the sun's rays. These sunscreens tend to be easier to rub in. Oxybenzone and octinoxate may damage coral reefs and should be avoided on tropical vacations.

Whichever type of sunscreen you choose make sure you're using one that is labeled broad-spectrum and has a sun protection factor (SPF) of 30 or greater.

## **Do I need to skip sunscreen to prevent osteoporosis?**

No! Sunscreen has not been shown to increase the rate of osteoporosis nor is there good evidence that it decreases vitamin D levels in regular users. Vitamin D deficiency is common regardless of your history of sunscreen use, so consider getting your Vitamin D levels checked or taking an over-the-counter supplement.