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Sun protection

Avoidance of sun exposure and using sun protection measures (wearing hats, long-sleeved clothing, etc.) should be the main strategies to limit UV radiation.

Sunscreen should be seen as an additional measure to increase sun protection and decrease the incidence of skin cancer.

Be extra careful during midday (11 a.m. to 3 p.m.) and keep in mind that UV rays get reflected by water and snow, resulting in up to double the amount of UV exposure.

Sunscreen tips:

- Mineral (inorganic) sunscreens containing zinc oxide and/or titanium dioxide are recommended. They provide a physical barrier between the sun's rays and your skin.
- Use sunscreen that contains an SPF of 30 or higher.
- Use sunscreen daily and re-apply every 2 hours.
- Use lip balm that contains an SPF of 30 when outside and re-apply hourly.

References and further reading:

1. Photoprotection Part I. Photoprotection by naturally occurring, physical, and systemic agents. Rebecca Jansen, Steven Q.Wang, Mark Burnett, Uli Osterwalder, Henry W. Lim. JAAD December 2013.
2. Photoprotection Part II. Sunscreen: Development, efficacy and controversies. Rebecca Jansen, Steven Q.Wang, Mark Burnett, Uli Osterwalder, HenryW. Lim. JAAD December 2013.
3. <https://www.fda.gov/news-events/press-announcements/fda-advances-new-proposed-regulation-make-sure-sunscreens-are-safe-and-effective>
4. <https://dermatology.ca/public-patients/sun-protection/sunscreen-faq/>
5. <https://www.ewg.org/sunscreen/report/executive-summary/>
6. <http://www.bccancer.bc.ca/health-info/prevention/sun-safety>