

RECOMMENDED SUNBLOCKS



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www.advaderm.com

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Sunblocks are an essential part of daily activities in Colorado. Since we live one mile above sea level, the amount of ultraviolet (UV) light that we are exposed to year-round is substantially greater. It is estimated that there is a 4-7% increase in ultraviolet exposure per 1000 feet gain in altitude. For this reason, it is necessary to wear a sunblock on a daily basis on all areas that are exposed to light.

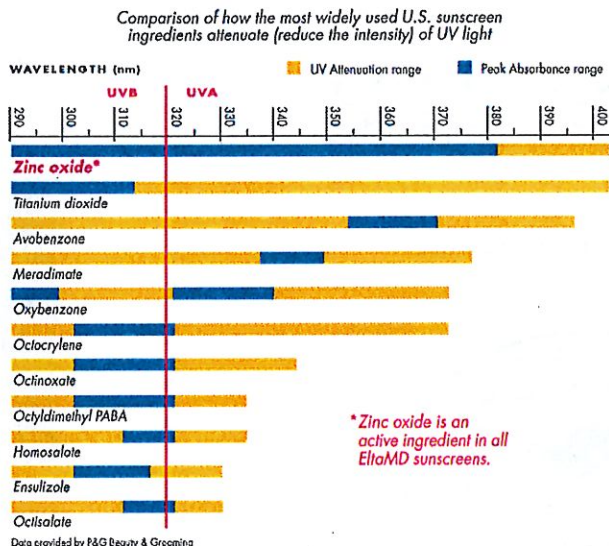
The use of sunblock is essential with certain conditions. If you have a personal history of skin cancer, if skin cancer runs in the family, if you have a photosensitive disease or take photosensitizing medications, such as Doxycycline, Retin-A, many blood pressure medications etc, it is very important that you wear a sunblock on a daily basis.

When looking to buy sunscreen, and for the best protection from both UVA and UVB, a broad-spectrum sunscreen is needed. The following list should be used in determining the best broad-spectrum sunscreen available to you.

Chemical Sunblocks: Protect via chemical reaction to minimize UV damage. UVA Coverage is provided by: Benzophenones, Oxybenzone, Methyl Anthranilate, Parsol 1789 (avobenzone).

UVB Coverage is provided by: Paba (may cause rash), Cinnamates, and Salicylates.

Physical Blockers: Reflect UV rays off the skin. This coverage is provided by: Titanium Dioxide and Zinc Oxide.



RECOMMENDED PRODUCTS

Look for products that contain SPF 30 or greater

Aveeno Baby *
Biopelle SPF 30+
Blue Lizard SPF 30+ *
Cetaphil SPF 30+
Coppertone Spectra 3 SPF 50
Cotz *
Elta MD SPF 30+ *
Epionce SPF 30, 50
Eucerin SPF 30
La Roche-Posay *

Neutrogena Chemical Free SPF 30*
Neutrogena Ultra Sheer with Helioplex 30+
Olay SPF 30
Sanitas 30+
Solbar AVO, Solbar Zinc 38 *
Solbar PF SPF 30+
Total Block/COTZ SPF 60, 65 *
Tri-Screen SPF 30+
Vanicream SPF 30+ *

*Recommended for people with allergies or sensitivities to sunblock vehicles or ingredients

- Sanitas, Elta MD and Epionce sunscreen products can be purchased at any of our four office locations.
- Blue Lizard may be ordered at 1-800-332-5536 or www.bluelizard.com
- Total Block may be ordered at 1-800-332-5536 or www.fallene.com
- Vanicream products may be ordered at 1-800-325-8232 or www.psico.com
- Person & Covey products (Solbar and DML) may be ordered at 1-800-423-2341

EXCELLENT WEBSITES

Sun Protective Clothing, Hats and Swimwear

By far the best protection is covering up! It is estimated that you need a hat with a 4 inch brim to effectively shield your cheeks and neck. UV protective clothing is made with a tighter weave than regular material to block more UV light.

Sun Protective Clothing, Hats and Swimwear



www.coolibar.com



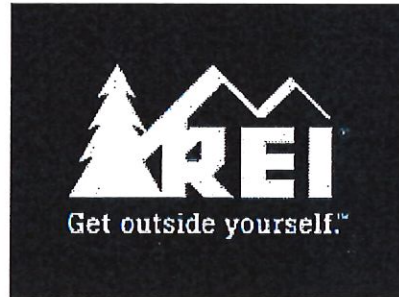
www.uvskinz.com



www.sundayafternoons.com



www.wallarohats.com



www.rei.com



www.myrashguards.com



www.sunprotections.com



www.athleta.com