



Advanced[®] Dermatology

Skin Cancer and
Laser Surgery Center, P.C.

www.advaderm.com

Board Certified Dermatologists

General Dermatology

Gregory G. Papadeas, D.O.
James T. Chapman, M.D.
Steven A. Brenman, D.O.
Jamie G. Surovik, M.D.
Jennifer A. Ray, M.D.
Ryan G. Gamble, M.D.
Dawnielle C. Endly, D.O.
Ryan O'Leary, M.D.
Powell Perng, M.D.
Anne H. Hanson, D.O.
Roger I. Ceillely, M.D.

Mohs Micrographic Surgery

Darlene Johnson Skow, M.D.
Misha D. Miller, M.D.
Jamison E. Strahan, M.D.

Dermatopathology

Sean Amsbaugh, M.D.

Pediatric Dermatology



Medical Center of Aurora

1390 South Potomac Street
Suite 124
Aurora, CO 80012
303-368-8611
303-368-9791 fax

Centennial

12645 East Euclid Drive
Centennial, CO 80111
303-493-1910
303-493-1915 fax

Evergreen Medical Center

30960 Stagecoach Blvd., Suite W140
Evergreen, CO 80439
303-670-7065
303-674-6055 fax

Summit County

710 Summit Blvd., Suite 102
PO Box 4005
Frisco, CO 80443
970-668-9650
970-668-9654 fax

Castle Rock

2352 Meadows Blvd., Suite 225
Castle Rock, CO 80109
303-493-1910

Recommended Sunblocks

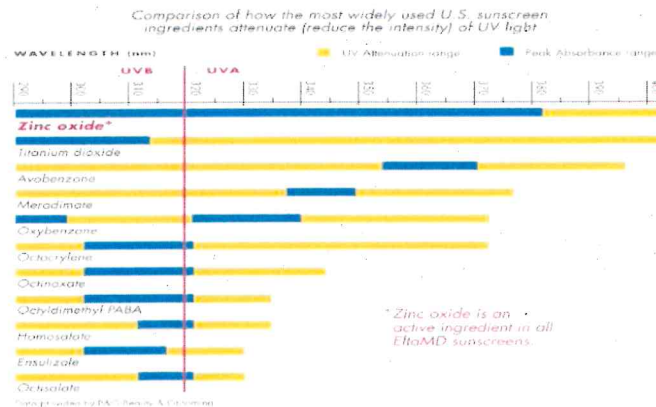
Sunblocks are an essential part of daily activities in Colorado. Since we live one mile above sea level, the amount of ultraviolet (UV) light that we are exposed to year-round is substantially greater. It is estimated that there is a 4-7% increase in ultraviolet exposure per 1000 feet gain in altitude. For this reason, it is necessary to wear a sunblock daily 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: Protection via chemical reaction to minimize UV damage, UVA coverage is provided by Benzophenones, Oxybenzone, Methyl Anthranilate, Parsol 1789 (acobenzene). UVB coverage is provided by: Paba (may cause rash), Cinnamates, and Salicylates.

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



Recommended Products

Look for Products that contain SPF 30 or greater

Aveeno Baby*	Neutrogena Chemical Free SPF 30*
Biopelle SPF 30+	Neutrogena Ultra Sheer w/ Helioplex 30+
Blue Lizard SPF 30+*	Olay SPF 30
Cetaphil SPF 30+	Sanitas 30+
Coppertone Spectra 3 SPF 50	Solbar AVO, Solbar Zinc 30*
Cotz*	Solbar PF SPF 30+
Elta MD SPF 30+*	Total Block/COTZ SPF 60,65*
Epionce SPF30, 50	Tri-Screen SPF 30+
Eucerin SPF 30	Vanicream SPF 30+
La Roche-Posay*	

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

- 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 order at 1-800-332-5536 or www.fallene.com
- Vanicream products may be order at 1-800-325-8232 or www.psico.com as well as your local drug store
- Person & Convey 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 4inch brim to effectively shield your cheeks and neck. UV protective clothing is made with a tighter wear that regular material to block more UV light.

Sun Protective Clothing, Hats and Swimwear



www.coolibar.com



www.uvskinz.com



www.sundayafternoons.com



www.rei.com



www.wallaroo hats.com



www.myrashguards.com



www.sunprotections.com



www.athleta.com