

# Know Your Sunscreen Ingredients

Sunscreen helps decrease the risk of skin cancer. There are over 800 sunscreen products. The labels, however, can mislead. SPF (sun protection factor) only protects you from UVB rays. People also need protection against UVA rays. High SPF numbers do not guarantee more protection.

Doctors and the Environmental Working Group (EWG) tell people to use a sunscreen that is a:

- Minimum SPF of at least 15 and a maximum SPF of 50.
- Broad spectrum protection against UVA and UVB radiation.
- Lotion instead of spray.

Apply at least 2 ounces of lotion. Reapply often.

The EWG and some doctors caution against using sunscreens with Oxybenzone. Despite being approved by the FDA and American Academy of Dermatology, some studies link it to allergies, hormone disruption and cell damage. The EWG also warns people to avoid the ingredient Retinyl Palmitate. About 25% of the 800 sunscreen products do not contain these ingredients. Look on the Internet for a complete list. Drugstore.com might be helpful when ordering products by mail.

You decide. Learn more before you shop. Log on to the American Academy of Dermatology. Google the CDC/sunscreen safety and EWE/sunscreen.



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Revised 2017