The squeeze on Sunscreen

Sunscreen Facts

Sunscreen can protect us from harmful rays of the sun.

What’s the deal with SPF? The higher the number, the more protection that you’ll receive. However, remember that sunscreen may rinse off in the water or wipe off on a beach towel. Even sunscreen with a high SPF may need to be reapplied in the course of a day in the sun.

Many of the chemicals used in sunscreens have not been adequately tested since the 1970’s.

What is Oxybenzone?

Oxybenzone is a common sunscreen chemical that filters UV rays.

It is absorbed through the largest organ in our body - the skin! Aerosols add additional layer of exposure through inhalation.

Oxybenzone is in most sunscreens.

Approximately 65% of the non-mineral sunscreens contain this chemical.

You can find it on the label! It is under ‘active ingredients’.

What is the Problem?

Oxybenzone

It has shown estrogen-like activity in animals, and may alter the normal functions of human hormones. These types of hormone disruptors can contribute to early puberty, infertility, and cancer.

Other names for Oxybenzone include: benzophenone-3, BP-3, 2-Hydroxy-4-methoxybenzophenone and trade names: Milestab 9, Eusolex 4360, Escalol 567, KAHSCREEN BZ-3.

A Study from the Federal Centers for Disease Control and Prevention Detected Oxybenzone in 97% of the Population

Detected (97%) □ Undetected (3%) □

What can we do?

Watch out for chemicals like Oxybenzone. Others include Octinoxate, Homosalate, Octisalate, Octocrylene.

Look for SPF30 or higher that is labeled as “Broad Spectrum or Full Spectrum” protection.

Also, stick to the shade! Lounging under a tree and using coverage from hats and cover-ups is most effective.

Remember, the sun isn't the enemy. It can provide vital nutrients like Vitamin D, which has been shown in some studies to be beneficial in preventing cancer. So go play outside, just be SUN SMART!

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