



Sally Penford

Education Manager for
the International
Dermal Institute

Fast facts for a super summer

Today I was reminded of the importance of UV protection not just this summer, but every day from childhood to old age. I had a mole that had appeared just over the last two months and was getting bigger. Being in the habit of trying to practice what I preach, I duly shot off to the dermatologist who cut it out, gave me a little stitch and promised it would wing its way for a biopsy. Her first question as I made myself comfortable in her office was 'how much sun exposure have you had over the years?' I had to admit that my teenage years coincided with the time of basting oneself in olive oil for a good cooking! So whether you are young or old, are concerned about skin cancer or premature ageing, please please make sure that a good quality broad spectrum protection becomes a daily part of your skin care regimen.

Did you know...

Sun damage & skin cancer can occur without burning. Wearing a **high protection broad spectrum** sunscreen is essential year round. Even on cloudy days UV rays are causing long term damage. Look for the **UVA** symbol alongside the SPF value on your sun protection product.

Research confirms that SPF does not prevent Vitamin D production. Stay safe whilst outdoors and keep up with the sunscreen. Cancer charities recommend applying **30 minutes prior to exposure to maximise protection.**

There are two main types of sunscreen. **Chemical sunscreens** absorb into the skin and turn the UV light energy into heat energy. Suitable for most skins. **Physical sunscreens** are mineral based and bounce the light off the skin surface due to their reflective quality. Great for sensitive skins.

You can boost your spf protection with vitamins. Did you know that **Vitamin C** and **Vitamin E** can optimise your sun protection? Look for sunscreens with these added powerful antioxidants to give your skin the ultimate in UV defence. For maximum potency and shielding, super Smart Boosters release the vital vitamins only during direct exposure.

UVA rays account for up to 95 percent of the UV radiation reaching the Earth's surface. They are present with relatively equal intensity during all daylight hours throughout the year, and can penetrate clouds and glass. They are also largely responsible for premature ageing and research shows may initiate skin cancer.

Most people do not apply enough sunscreen! In order to achieve the stated SPF protection level on packaging you must use approximately two tablespoons for the whole body. A dab of your foundation with in built spf just won't cut the mustard.

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