

The Right Sunscreen

Cut Through the Hype and Learn What Works

Jason Barbara

According to the American Cancer Society, more than 2 million people are diagnosed with skin cancer in the United States each year. There are more than 2,000 over-the-counter sunscreen formulas on the market today. How can you tell which sunscreens are the safest, most effective, and represent the best value for your money? In most cases, the answer comes down to the difference between the two types of filtering ingredients.

Chemical or Physical?

The UV radiation in sunlight consists of UV-A, UV-B, and UV-C rays. UV-A and UV-B are both responsible for photoaging, skin cancer, sunburn,

Work by absorbing UV radiation; Require application 30 minutes before sun exposure; Provide partial protection from UV spectrum; May irritate the skin and eyes; Not regulated for safety by the US Food and Drug Administration (FDA)--some may even be carcinogenic; Not photostable (exposure to sunlight degrades effectiveness); Avobenzone is the most commonly used chemical filter ingredient.

Physical UV Filters

Work by reflecting UV radiation; Start protecting immediately upon use; Provide full broad-spectrum protection; Non-irritating to skin and eyes; Safe, as particles do not penetrate the skin; Highly photostable (exposure to sunlight

*Be the rainbow
in someone's
cloud.*

-Maya Angelou



Protection from harmful UV rays can do wonders for your skin.

tanning, and wrinkling. UV-C is not a factor in skin health, as it is absorbed by the Earth's atmosphere and does not reach us in significant amounts. Broad-spectrum sunscreen protects against both UV-A and UV-B. This protection can work in one of two ways: chemical or physical.

Chemical UV Filters

does not change effectiveness).

Zinc oxide and titanium dioxide are the most commonly used physical filter ingredients. Clothing and shade structures also count as physical filters.

Continued on page 2

Office Hours and Contact

Glow
Candy Jennings
206 463 3571
by appointment

In this Issue

The Right Sunscreen
Happiness is Contagious
Don't Get Sick!

Continued from page 1

How Stable Is It?

One of the most important factors in the effectiveness of a sunscreen formula is also one of the least known to the general public. Photostability is an ingredient's ability to remain effective after exposure to sunlight. Many people are aware that this is an issue for numerous skin care ingredients, but may be surprised to learn that some active ingredients in sunscreen--a product whose sole purpose involves being exposed to sunlight--are not photostable. In addition, the FDA's new rules do not require sunscreen ingredients to be tested for photostability. Yet, many consumers expect that their sunscreen will protect them for longer than one hour.

Physical filters such as zinc oxide and titanium dioxide are photostable. Studies have shown that these ingredients suffer no degradation after more than two hours of sun exposure. However, the chemical filter avobenzone is not at all photostable, and degrades almost completely in less than one hour. Even worse, avobenzone also degrades on contact with other UV filters such as zinc oxide or titanium dioxide, and with metal ions such as iron oxide, which is commonly found in makeup. This goes a long way toward explaining why many consumers experience sunburn even after applying sunscreen as directed.

Health Concerns

Effectiveness is not the only thing to consider in any product being applied to the face or body. Significant health concerns have also been raised about many sunscreen ingredients. Here are some issues to consider.

Avobenzone has been found to generate free radicals beyond acceptable safety levels after sitting on the skin for just one hour, and children and pregnant women have been advised not to use products containing it.

Octocrylene, which is known to act as an endocrine disrupter, is used in many sunscreens as a stabilizer. It can also cause skin irritation. According to the Archives of Dermatology, "Octocrylene appears to be a strong allergen leading

to contact dermatitis in children and mostly photoallergic contact dermatitis in adults."

Chemical UV filters can also have harmful effects on the environment. Octocrylene does not seem to be effectively contained in wastewater treatment plants, and studies in Switzerland have indicated that it accumulates in fish. Oxybenzone, a chemical UV-B filter often used in combination with avobenzone, has been found to negatively impact reef ecosystems and biodiversity.

Physical UV filters, in contrast, have an excellent safety profile. The FDA has long considered zinc oxide to be a safe ingredient for both external use and as a food additive, even in infant formula.

Considering all these factors, physical UV blockers represent the best choice overall. The main challenge in getting consumers to use sunscreens based on physical filters is purely cosmetic: zinc oxide and titanium dioxide tend to feel

thick and greasy, and are visible on the skin, leaving a white residue. However, new advances mean there are now an increasing number of sunscreens that use these ingredients in formulations that allow for clear application.

When evaluating a sunscreen, the most important considerations should be safety and effectiveness. Carefully examine the ingredients and make use of all available information to make the best choices for yourself and your family.

Jason Barbaria is director of marketing at Dermagenics, a skin care line that includes sunscreen, cleansers, and moisturizers.



Learn what to look for to get the right sunscreen.

Happiness is Contagious

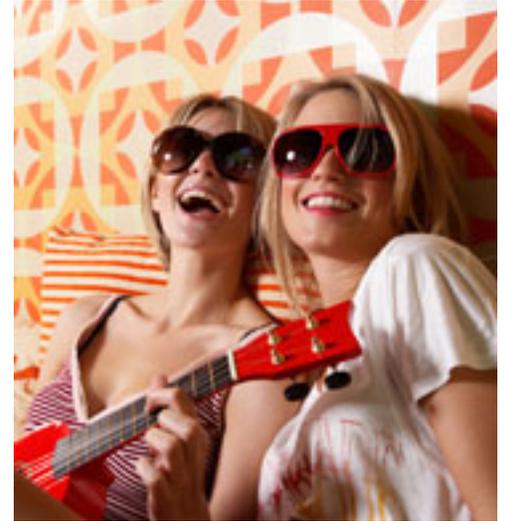
Maybe mom was right. Research suggests that surrounding yourself with friends and family who are happy can actually increase your own happiness.

Scientists at Harvard University and the University of California, San Diego, found that emotions, particularly happiness, have a viral effect in how they spread from one person to another. For every happy person in your physical social network, you have a 9 percent chance of increasing your own happiness. The effect is more pronounced the closer someone is to you geographically, and it does not seem to include electronic communications. The study, "Dynamic Spread of Happiness in a Large Social Network," can be found online in the British Medical Journal (www.bmj.com).

This is especially good news considering the potential health benefits of happiness and positivity. A study published in *Stroke* magazine has

indicated a "significant association" between optimism and a reduced risk of stroke. This is in addition to studies that have linked optimism to a healthier immune system, faster wound healing, and a lower risk of heart disease. While the exact cause of the benefits is not clear, one theory is that optimistic people are more likely to take care of their health. In addition, there is hope that teaching optimism could become part of a preventative program for various conditions.

What's one way to get happy? Pamper yourself! Exposure to stress, a contributing factor to unhappiness, over a long period of time can increase the rate of neural degeneration and increase the risk for Alzheimer's disease. Luckily, a study from Umea University in Sweden has shown that just five minutes of massage has the potential to lower stress, and 80 minutes of massage has a tremendously positive effect on stress levels. Get pampered, get happy, and cheer up your friends and family!



Surrounding yourself with happy people is healthy!

Don't Get Sick!

Prevention is Key

Leslie Roste

Regardless of whether the threat is a simple cold or the flu, there are several things you can do to protect yourself from unnecessary downtime.

PROPER HAND WASHING

This gets top billing because of its true effectiveness in preventing illness. The most important aspects of hand washing are the length of time (at least 30 seconds) and the amount of friction you use, not the water temperature.

FLUIDS AND MORE FLUIDS

Staying well hydrated clearly benefits our skin, the largest organ of our immune system. The advice to stay adequately hydrated is even more important in the cold, dry months of winter.

EAT YOUR VITAMINS

A balanced diet, which includes all food

groups, gives your immune system the resources it needs when it faces a challenge like the flu.

EIGHT HOURS OF SLEEP

Research continues to prove how vital this is to every part of our well-being. It affects everything from our ability to resist illness to managing weight.

HANDS AND FACE

It is important to keep your hands away from your face, particularly the eyes, mouth, and nose, which are favorite points of entry for viruses. Start paying attention to how frequently you touch your face. Break the habit, and you could reduce your risk of colds and flu this season by more than 50 percent.

Wisconsin.

Leslie Roste has degrees in nursing and microbiology and is employed by King Research in Milwaukee,

*There are only
two ways to live
your life. One is
as though
nothing is a
miracle or as
though
everything is a
miracle.*

-Albert Einstein

Yes, Spring is in evidence- new buds, brilliant new green moss and grass, cherry blossoms and more.

It is a perfect time for a refreshing facial. Erase all the buildup on your skin from the effects of winter's cold temperatures, wind and dry indoor heat.

Mention this newsletter and receive \$10 off on your next facial or gift certificate.

Phone orders & credit cards accepted

Warmest Regards,
Candy
(206)463-3571
candy@glowonvashon.com

Glow

11808 SW Cove Road
Vashon, WA 98070

MEMBER

