

Mounir Boutros, M.D.
Renaissance Dermatology
5951 Renaissance Place, Ste. C
Toledo, OH 43623
419-824-2288

Sun Protection

It has been recommended by the Academy of Dermatology to use SPF 30 or above if you are outdoors. This gives you 92 - 97% protection (only tight knit clothing or good physical block gives you 100% protection).

It is also recommended to apply your sun block a half hour before you go outdoors and reapply every 3 hours, if you are out in the direct sun for any long period of time.

It is very important to avoid the strongest sun exposure (10 a.m. to 2 p.m., or even 4 p.m. in the summer).

For "in and out" protection, consider facial moisturizers with SPF 15-25 (i.e.: Cetaphil, Eucerine, Neutrogena, Purpose, Oil of Olay, etc.).

Some new sun screens have new, strong sun-protective chemicals for both UVB and UVA rays (i.e.: Helioplex and Mexoryl).

The popular ones are:

- Neutrogena Ultra Sheer with Helioplex (SPF 55 and 70)
- Neutrogena Fresh Cooling Body Mist with Helioplex (SPF 30 and 45)
- Neutrogena Age Shield Sunblock with Helioplex (SPF 30 – 45) This product also contains antioxidant vitamins A, C, and E.
- Ombrelle with Mexoryl (SPF 45 – 60)
- LaRoche Posay Anthelios (SPF 30)
- LaRoche Posay Anthelios XL (SPF 60)