KERRY SKIN CLINIC
SKIN, HAIR + NAILS SPECIALISTS

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ULTRAVIOLET (UV) BLOCKS TO PREVENT SKIN CANCER AND WRINKLES

Put a total "sun block" on the exposed skin (e.g. face, ears, bald patches, neck, hands and feet) every morning in spring, summer and autumn. On hot days reapply the sunblock in the afternoon. Wear your UV block (sunblock) even on the cloudy days, as this will prevent wrinkles better than any expensive cosmetics as well as protecting you from skin cancer. Choose a **factor 25** or greater (i.e. the amount of UVB blockage) with a **four star** maximum UVA rating; e.g. the back of the bottle should have this symbol:

MAXIMUM

There may be four stars but only three of the four coloured in, indicating a three star rating which is not as good as a four star rating.

The following are some examples of sunscreens, which can be purchased from your pharmacist or supermarkets. Remember children's sun blocks are suitable for adults and vice versa.

Sunsense Daily Face S.P.F. 60	75ml	€20.00 (CH, RdL, O'N)
Sunsense Ultra S.P.F. 60	125ml	€16.35 (CH, RdL, O'N)
Sunsense Toddler Milk S.P.F. 50	125ml	€16.95 (CH, RdL, O'N)

La Roche Posay Anthelios XL fluid extreme	SPF 60	50ml	€21.50 (SMcA, CH)
La Roche Posay Anthelios XL Lait	SPF 50		€21.50 (SMcA, CH)
La Roche Posay Anthelios Dermo-kids	SPF 60		€15.50 (SMcA, CH)

Vichy Extreme Sun Block Milk/gel SPF 30	125ml	€17.95	(CH)
Vichy Capital Soleil Factor 50+	150ml	€17.25	(CH)
Boots Soltan S.P.F. 50+ Lotion	200ml	€15.30	(B)
Boots Soltan S.P.F. 50+ Insect Repellent Lotion	200ml	€15.30	(B)
Boots Soltan S.P.F. 50+ Lotion	400ml	€25.40	(B)
Boots Soltan S.P.F. 50+ Spray	200ml	€16.50	(B)
Ambre Solaire S.P.F. 50 Sunscreen Milk	200ml	€19.49	(CH)
Ambre Solaire S.P.F. 30 Sunscreen Milk	200ml	€19.49	(CH)
Ambre Solaire S.P.F. 25 Sunscreen Milk	200ml	€19.49	(CH)
Ambre Solaire S.P.F. 50+ Total Screen for face	75ml	€14.49	(CH)
Ambre Solaire Kids S.P.F. 30 Sun Spray	200ml	€19.99	(CH)
ROC Minesol SPF 50+ spray lotion	200ml	€20.95	(CH)
Tesco Sun Protection S.P.F. 25 Spray	200ml	€6.99	(T)
Tesco Sun Protection S.P.F. 30 Spray	200ml	€6.99	(T)
Tesco Sun Protection S.P.F. 40 Spray	200ml	€7.99	(T)
Johnson Sun Care S.P.F. 40	200ml	€10.99	(T, CH)
Hamilton Superblock SPF 50 +	125ml	€7.47	(SMcA)
Hamilton Toddler Range SPF 30+	125ml	€7.47	(SMcA)
Hamilton Sensitive Range SPF 30+	125ml	€7.47	(SMcA)

(Prices correct as of 08/04/2008. Prices may vary).

Some high factor sun blocks can be thick and difficult to apply so try a few until you find one you like. Lips should also be protected. You should buy a separate high factor lip block or if you are stuck smear some of your body sun block on your lips. It is not normally necessary to buy a separate sun block for your face. Sun blocks that are suitable for the body can usually also be applied to the face. Sunscreens should be used together with other sensible sun protection measures such as;

- Wear a broad rimmed hat
- Wear long sleeves and long trousers or dresses in the sun
- Avoid prolonged exposure to strong sunlight in the middle of the day
- Sit in the shade.

Sunscreens should not be used to allow excessive sunbathing. If you have sensitive skin or skin allergies choose a hypo-allergic, non perfumed, fragrance free sun block; these are also suitable for children as they are less stinging in case you accidentally get some of the sun block in their eyes. Fake tans and make – up are safe but offer little or no sun protection so you need to wear a total sun block as well.

Sun blocks such as "P20" and "Parasol" that do not carry a UVA star rating cannot be recommended.

Pharmacies:

CH	CH Pharmacy, The Mall, Tralee
SMcA	Sam McAuley's, Manor West, Tralee
R&dL	Ryle & DeLacey, Ashe Street, Tralee
O'N	O'Neill's Pharmacy, Abbeycourt Tralee
B	Boots, Abbeycourt, Tralee
T	Tesco, Manor West, Tralee

For more information:

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