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June Newsletter from Jason A. Edwards DC

Sunscreen Basics



New Regulations for Sunscreen

In 2013 the FDA released a new monograph which plays a huge roll in the labeling of suncare products. We have been getting a lot of questions regarding these new regulations so we thought it would be helpful to share some of the most common answers! Check out the diagram below and welcome to Sunscreen 101! We promise, everyone will get an A+ in this course!



I hate to wear sunscreen! That slimy, sticky, freezing, get-in-your-eyes lotion is still the best way to prevent sun damage to your skin, or worse.

We are all concerned about the effects of long-term sun exposure. Summer is here, and my family spends a tremendous amount of time outdoors. Skin cancer continues to be an increasing threat. For all of us "sun-worshippers" who grew up in a world without sunscreen, that threat is even greater.

I am always on the lookout for sunscreens that are gentle on my skin, but will stay on in the water or while sweating. I read this article from Coola, Organic Sunscreens, and thought it would be interesting to pass along to help answer some common questions.

Get out there and safely enjoy that sun

Thanks for keeping my practice growing.

Dr. Jason Edwards



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