

Everything You Need To Know About Sunscreen



Type of UV Rays & Why It Matters



UVA rays **AGE** the skin

UVB rays **BURN** the skin

What is SPF

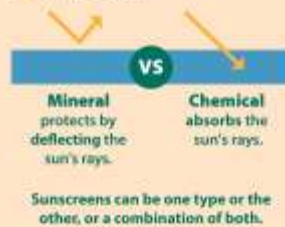
SPF stands for: **Sun Protection Factor.**



SPF rates how effectively the sunscreen prevents sunburn from UV light.

The number next to SPF is how much UVB light the sunscreen can filter out.

Mineral vs Chemical Sunscreen



What to Look for When Shopping for Sunscreen

Broad spectrum for protection against both UVA and UVB.

The American Association of Dermatology recommends an SPF 30 or higher.



Application Matters



Apply sunscreen to all areas of exposed skin 30 minutes before sun exposure.

Don't forget to apply sunscreen to frequently forgotten spots like ears, back of neck, and tops of hands and feet.

Reapply sunscreen at least every 2 hours.

A Dermatologist Can Help

A dermatologist can assess your skin for signs of sun damage, including skin cancer.

They also offer treatments that can reduce the signs of sun damage.



You can use your CareCredit credit card to help pay for a consultation with a dermatologist or cosmetic surgeon, as well as procedures and treatments. Use the Acceptance Locator or download the CareCredit Mobile App to find a nearby dermatologist who accepts CareCredit.

CareCredit provides information solely for your convenience. Please always consult a health care provider on any medical decisions you make for yourself. Neither Synchrym nor any of its affiliates, including CareCredit, make any representations or warranties regarding this content and accepts no liability for any loss or harm arising from the use of the information provided.

For sources and more information on treatment, visit: <https://www.carecredit.com/health-wellness/choosing-sunscreen/>

*Subject to credit approval.