

EWG's Shopper's Guide to Safer Sunscreens

TOP 10 SUNSCREENS

1. **Badger SPF 30** (2007)
2. **Keys Soap Solar RX Therapeutic Sunblock SPF 30** (2005)
3. **ColoreScience Sunforgettable Rock and Roller Ball SPF 30** (2006)
4. **Lavera Sun Screen Neutral SPF 40** (2007)
5. **Vanicream Sunscreen Sport SPF 35** (2006)
6. **UV Natural Sport SPF 30+** (2007)
7. **UV Natural Adult SPF 30+** (2007)
8. **UV Natural UV Golf / Ultra** (2007)
9. **UV Natural Baby SPF 30+** (2007)
10. **Peter Thomas Roth Titanium Dioxide Sunblock SPF 30** (2006)

WHY SUNSCREEN MATTERS

More than 1 million people in the U.S. will be diagnosed with skin cancer in this year alone! This number has steadily increased over the past 10 years. Those most often outdoors, like airport employees, face the greatest risk. Sunscreen is more important than ever.

IS YOUR SUNSCREEN SAFE?

Sunscreen is critical for protecting skin from the sun's damaging UV rays, but not all sunscreens are created equal. The Environmental Working Group's Sunscreen Investigation uncovered that of the 832 most commonly marketed sunscreens, only 16% provided adequate protection from both UVA & UVB radiation with few ingredients linked to known or suspected health hazards.

WHAT MAKES A GOOD SUNSCREEN?

It's essential for consumers to have the information to make smart, health conscious decisions when purchasing a sunscreen. The Environmental Working Group's database contains data and rankings for hundreds of sunscreens. EWG recommends over 100 products for maximizing sun safety and minimizing exposure to hazardous chemicals. Visit the EWG sunscreen database at: cosmeticsdatabase.com/sunscreens/.

FDA NEGLECT AND REGULATORY ISSUES

After 29 years of debate, the government has failed to set mandatory sunscreen safety standards. In August 2007 FDA proposed first-ever UVA standards for sunscreen, but the rules are not yet finalized. In the meantime, companies are free to make claims about product quality.



TOP 6 SUNSCREEN TIPS

- 1 **Use sunscreen that has an SPF of 15 or higher.** Look for zinc and titanium for broad UV protection. Avoid oxybenzone, a toxic sunscreen that soaks into the skin.
- 2 **Avoid sun during midday and when the sun is at its peak.** Sun is more intense at high altitudes and in the tropics, and UV radiation reflects off sand, water, snow, and concrete — take special care in these situations.
- 3 **Seek shade whenever you can.** But remember that invisible rays can reflect up toward you from the ground, so you may still need protection.
- 4 **Cover up with a shirt, hat, and UV-protective sunglasses.** In general, fabric is more protective if it is dry and more tightly woven (not sheer).
- 5 **Slop on sunscreen and reapply often and use enough for good coverage, reapplying often;** sunscreens wash off in water and break down in sunlight. Radiation exposure adds up, even when you aren't in the sun all day. The American Cancer Society recommends using sunscreen daily on parts that are uncovered by clothing.
- 6 **Buy new sunscreen every year.** Start with our "best" list at cosmeticsdatabase.com/sunscreens/.