



# THE NEED FOR A DAILY SUNSCREEN



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## 1 WHAT ARE THE EFFECTS OF UV RAYS ON MY SKIN?

There are two kinds of UV rays – UVB causes sunburn, while UVA leads to wrinkles, pigmentation, premature ageing & melanoma (skin cancer). Although UVA causes less burning than UVB, it penetrates the skin 40 times deeper than UVB.

## 2 DO I NEED TO APPLY A SUNSCREEN EVEN IF I STAY INDOORS?

Yes. Even when indoors, one is not spared from accidental UV exposure. Window panes do not shield against the harmful UVA rays, which penetrate glass easily. Individuals who spend significant lengths of time working beside the window should be extra mindful of sun protection.

## 3 DO I NEED TO APPLY A SUNSCREEN IF I APPLY FOUNDATION / MOISTURIZER WITH SPF?

Yes. It is best to use a separate sunscreen before applying foundation or powder so as to ensure adequate sun protection. Even if the foundation comes with an SPF of 30, it is unlikely that you will be getting the equivalent level of protection, as the average person does not apply sufficient amount of foundation needed to achieve this.

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## 4 WHAT ARE SOME OF THE FEATURES I SHOULD LOOK OUT FOR IN A DAILY SUNSCREEN?

The sunscreen should have broad-spectrum protection against UVA and UVB, as both are equally harmful to the skin. It should be non-comedogenic for oily skin types, and fragrance-free for individuals with sensitive skin. If you have fair to medium skin tone, or spend only a short period of time outdoors, you should start with an SPF of 30.

## 5 I HAVE SENSITIVE SKIN. DOES IT MEAN THAT I SHOULD NOT APPLY SUNSCREENS?

No, you can still use sunscreen. If you are prone to acne, choose a product that is oil-free and non-comedogenic. Individuals who develop rashes after using sunscreen could be allergic to the one or more of the ingredients such as fragrance, preservatives or the sunscreen itself. These individuals should consider undergoing tests to find out which chemicals they might be allergic to.

## 6 WHAT ARE SOME DAILY SUNSCREEN APPLICATION TIPS?

Apply sunscreen at least 20 minutes prior to sun exposure. Sunscreen should be applied as the last step in the skin-care routine, but under foundation or powder. Do not forget the eye area, as the delicate skin around the eyes are more likely to show the signs of premature aging from UV irradiation. Sunscreen should be re-applied after 3 to 4 hours, if there is continual sun exposure.