

Subject: Your June Issue: Get the Facts About Sunscreen 🧡

From: The Skin Cancer Foundation



June Newsletter

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It's a fact: [sunscreen](#) protects you from UV rays, prevents skin aging caused by the sun and safeguards you against potentially deadly skin cancers.

But with all the products on the market, what's the best sunscreen for you? The answer is simple: the one **that you will use regularly**. A sunscreen with an SPF of 15 or more protects you from incidental sun exposure that occurs every day, and, if you are active outdoors, you'll need an SPF of 30 or more. Your sunscreen should also be broad spectrum, to protect against both [UVA and UVB rays](#). To help you understand the terminology – from SPF to broad-spectrum to UVA/UVB – and find a safe, effective product that's right for you, we've gathered some helpful information, along with answers to common questions.



- [How does sunscreen work to protect my skin?](#)
- [Who should use sunscreen?](#)
- [What type of sunscreen should I use?](#)
- [How much sunscreen should I be using on my face and body?](#)
- [Does sunscreen stay effective after its expiration date?](#)
- [Does a sunscreen with a high SPF protect skin better?](#)
- [How can I pick a sunscreen that's right for me?](#)

- [What is the best way to protect my baby from the sun?](#)

Practice a complete approach: Sunscreen is a key part of your sun protection strategy. But sunscreen alone isn't enough. Here are more tools for a complete approach to [skin cancer prevention](#).



“When patients ask me ‘What’s the best sunscreen?’ I say ‘The best sunscreen is the one you are going to use.’”

Deborah S. Sarnoff, MD
President, The Skin Cancer Foundation



New on the Blog



[Top Trends in Skin Protection](#)

Sunscreen is having a glow up, with new serum-like formulas, tints that better match your skin tone and multitasking treatment sunscreens. Our experts provide intel on the latest innovations to help shield your skin from the sun.



[How to Choose the Best Sunscreen for Your Skin](#)

No matter if you have oily, dry, acne-prone or sensitive skin, the right sunscreen can protect you from harmful UV rays while combating any skin woes.



[How to Read a Sunscreen Label](#)

Reading a sunscreen label shouldn't be like deciphering a foreign language. But many people don't understand how to read a sunscreen label or how the product protects the skin. Now is a good time to brush up on sunscreen terminology like SPF and broad spectrum.



[10 Ways to Boost Your Sunscreen](#)

If you're an outdoor enthusiast, you may not realize how much UV exposure you're getting while pursuing your passion. Maximize your sun safety with our experts' best tips.



[Save Your Scalp from Sun Damage!](#)

Bald spots are vulnerable to sun damage and precancerous actinic keratoses (AKs), which can develop into skin cancers. Here's what you need to know.

Tell the FDA to Ban Teen Tanning

Sign the Petition



Sign the Petition: Tell the FDA to Ban Teen Tanning!

The Skin Cancer Foundation and Refinery29 are teaming up to save lives. Sign our petition telling the U.S. Food and Drug Administration (FDA) to ban teen tanning.

[Sign the petition](#)



BIG Thanks for Sharing!

During Skin Cancer Awareness Month, you all came together in a BIG way to #SharetheFacts about skin cancer and help save lives. You really made a difference!

We are so grateful to you for supporting our programs and amplifying our message. Every good thing we do is all because of you!

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