

Health Bulletin

Think Sun, Think Zinc

(NAPSA)—It's a good idea to give zinc its day in the sun. That's the advice from experts who say that the amount of zinc oxide in sunscreen is more important than sun protection factors (SPFs) and "waterproof" claims when it comes to protecting your skin.

"SPF ratings do not have any relation to a product's ability to provide UVA protection. UVA rays are most associated with melanoma,



When it comes to sunscreen, experts say that zinc oxide content is more important than SPFs.

the deadliest form of skin cancer. The incidence of melanoma has doubled since 1986 and has increased so quickly that it is one of the nation's most serious epidemics," explains Dr. Don Kilday, Pharm.D., president of Blue Lizard Australian Sunscreen.

While there is no approved evaluation of a sunscreen's UVA protection in the U.S., Kilday says that in Australia, broad-spectrum sunscreens must filter out at least 90 percent of UVA rays. His company's sunscreen (which is available in the United States) was designed with transparent zinc oxide to meet those standards, as well as other strict sun-protection guidelines set by the Australian government.

For more information on sun safety, visit www.bluelizard.net.