

Innovations Newsletter May 2010

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For Your Information...FBI Looks to Plastic Surgeons for Cold Case

The FBI recently took out an ad in a popular plastic surgery journal to enlist the aid of plastic surgeons in hunting down one of the FBI's most wanted. For more information, check out

[http://www.foxnews.com/us/2010/05/12/fbi-targets-whitey-bulgers-girlfriend-plastic-surgery-newsletter-ad/?test=latestnews.](http://www.foxnews.com/us/2010/05/12/fbi-targets-whitey-bulgers-girlfriend-plastic-surgery-newsletter-ad/?test=latestnews)

Choosing a Sunscreen

The sun emits ultraviolet radiation which causes aging and cancer in human skin. Arbitrarily, the ultraviolet spectrum of light is divided into UV-A and UV-B. While UV-A is more associated with aging and UV-B with cancer formation, both contribute to cancer formation. The current scale used to determine sunscreen effectiveness is called the Sun Protection Factor or SPF. SPF only measures UV-B protection, there is no measure of UV-A protection for United States sunscreens. SPF is also a logarithmic scale. This means that an SPF of 15 provides about 95% protection while an SPF of 30 provides about 97% protection. Anything more than an SPF of 30 is probably unnecessary. The graph below demonstrates the best ingredients for both UV-A and UV-B protection. The best

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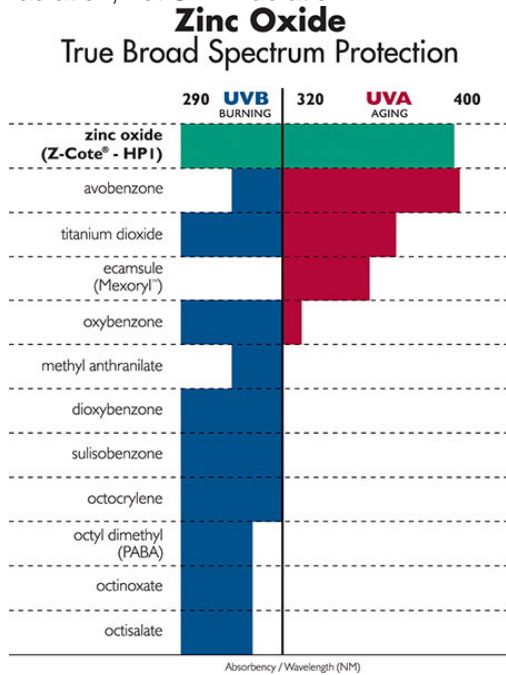
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active ingredients are avobenzone, titanium, and zinc. The best active ingredient is zinc. With recent formulations, zinc can be worked into the skin without leaving a white coating. Zinc will also be quite bland and will generally not cause eye irritation. Avobenzone is a much more common active ingredient but can cause irritation if it gets into the eyes.

The important thing about sunscreen is applying 30 minutes before sun exposure and reapplying over the course of the day, about every 2-3 hours or after significant water exposure. Even though it may feel as though there is sunscreen still on this skin, this is often the inactive ingredients and the active ingredients are no longer working. Also remember that windows, unless there are specially tinted, will only protect against UV-B radiation, not UV-A radiation.



Watch Dr. Verret in the national media

Catch Dr. Verret's national media appearances at <http://innovationsfps.com/media.html>.

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