

THE SPF STORY

THE SPF STORY

There are a number of rumours and misbeliefs arising around the need for SPF in the UK.



History of SPF.

The introduction of an SPF (Sun Protection Factor) began in the 1930's. The first effective sunscreen was developed by Austrian chemist, Franz Greiter, who was inspired to create a product named Gletscher Crème (Glacier Cream) after a sunburn he received while mountain climbing in Piz Buin.

It was not until 1962 that Franz Greiter re-emerged, developing a way to measure a product's ability to stop some of the absorption of ultraviolet rays into the skin, SPF, this was to prevent UVB rays not UVA.

For many years scientist thought that only UVB was of concern, however more is being uncovered about the damage caused by UVA and new and improved forms of protection against UVA continue to emerge.

Facts about UV Rays and SPF

UVB is visible from 10.00 am till 4.00 pm during the Summer months. This will vary from country to country.

UVB Stimulates our own Vitamin D production. Many have become frightened of the sun and we are therefore seeing a high increase in Vitamin D deficient illnesses. Be sun safe not sun scared.

UVB does not penetrate glass

UVB is the sun ray that burns the skin

UVA is visible most of the day but is only a cause for concern in the summer months in the UK

UVA can absorb through glass

UVA can cause skin damage

		Skin Type			
		I and II	III and IV	V	VI
UV Index	1-2	low	low	low	low
	3-4	medium	low	low	low
	5-6	high	medium	low	low
	7-8	high	medium	medium	low
	9-10	very high	high	medium	medium
	11+	very high	high	high	medium

UV A & B Can be measured by the **UV INDEX** this will gage the strength of the amount of UV A and B radiation. As the diagram explains.

Low risk - no protection is needed. In the UK - October, November, December, January, February and March have a low risk sun exposure rate.

Medium risk - take care around midday and do not spend too long in the sun unprotected. April –June and September in the UK.

High risk - cover up and spend time in the shade between 10.00 am and 4.00 pm. Use no less than a factor 15 sunscreen on exposed skin. June (sometimes) July and August

Very high risk - be sure to cover up and stay in the shade between 10.00 am and 4.00pm. Use no less than a factor 15 sunscreen.. In July –August if we are lucky!

Most SPF An sun cream today has to protect the skin from UVB and A. These are known as broad spectrum sun creams. Look for broad spectrum sun cream or cream with UVA & UVB protection in it. Sun creams will protect the skin from absorbing UV rays but they can not stop every single ray. To make it easier compare 'cooking' your skin to cooking a Turkey. A turkey will be covered in tin foil to prevent the skin from burning, and you use the temperature gauge to prevent the flesh drying out. You, the cook, will know how long to put it in for. Both of these give you an indication as to how long you cook it for. A UVB SPF acts as the tin foil to stop the burn, UVA SPF acts as the temperature gauge preventing skin from over cooking and drying out, you the human should know how long you take to burn.



An SPF 20 is sufficient to prevent burning. If you do start to go red on an SPF 15 /20 the safe sun advise is to cover up, stay in the shade or advisably go inside. Using a higher SPF 50 or 80 does not give you 50x or even 80x more protection. These type of creams will prevent the synthesising of Vitamin D in the skin and will still cause damage to the cells. If you are sailing, skiing or in the mountains, using a pure block of Zinc or Titanium Dioxide is advised. Due to the reflection and increase in altitude, UV radiation will increase.

Vitamin A can repair skin damage from sun exposure and has been classed as an SPF 20. It is important to care for the skin pre-exposure and post-exposure. Products packed with Vitamin A Vitamin C, Vitamin E and Coenzyme Q10 will help prevent and protect sun damage and will give back what the sun has taken out.



Me and My Shadow An easy way to tell how much UV exposure you are getting is to look for your shadow:

If your shadow is taller than you are (in the early morning and late afternoon), your UV exposure is likely to be low.

If your shadow is shorter than you are (around midday), you are being exposed to high levels of UV radiation. Seek shade and protect your skin and eyes.

UV INDEX App on your phone this will be a bit like the weather forecast you listen to, to see if you need a rain coat or a umbrella. The UV INDEX will be a guide to know do you wear an SPF ,do you take a hat , do you take the roof down of your convertible.



Now I have 2 questions for you:

Question: Would you put up a umbrella when it is not raining .

Answer: NO

Question: Would you wear an SPF if there are no harmful rays

Answer: ?

www.faceit.co.uk 02083417023

<http://ozone-uv.defra.gov.uk/uv/why-monitor-uv.php>

<http://www.who.int/uv/faq/uvhealthfac/en/index.html>

<http://www.uvawareness.com/uv-info/uv-information.php>

http://www.unep.org/pdf/Solar_Index_Guide.pdf

Vitamin A repairs skin damage caused by the sun, according to a recent study published in Clinical Cancer Research (2004;10:1875–80).

<http://www.bastyrcenter.org/content/view/427>

<http://www.sunsmart.org.uk>

<http://www.skincancer.org>

<http://www.beautymagonline.com/index.php/index-of-articles?id=1009:ideal-sun-protection-2>

<http://www.spfskincare.com>