



## Sunscreen and Rosacea

Sun exposure can be a major trigger for rosacea flare ups or flushing. If you suffer from rosacea, it is essential to wear sunscreen if you are going to experience sun exposure at any level. Therefore, you must be sure to select the correct sunscreen in order to receive optimal protection.

When selecting your sunscreen, be sure it has an SPF rating of at least 30. The SPF rating is a measure of the time it would take you to sunburn if you were not wearing sunscreen as opposed to the time it would take with sunscreen on. An SPF rating of 30 will effectively block up to 97% of UVB rays. Apply your sunscreen 30 minutes before going out into the sun and then again right as you go out for maximum protection. Reapply your sunscreen every 2 hours if you are out in the sun for a long period of time.

While the SPF rating refers to the ability of a sunscreen to block ultraviolet B (UVB) rays, which cause sunburns, it does not refer to how well it blocks UVA rays, which are more likely to cause deeper skin damage. To ensure your sunscreen will protect you from harmful UVA rays, be sure it contains one of the following ingredients: titanium dioxide, zinc oxide or parsol 1789 (avobenzone).

Wearing sunscreen daily can help to improve your rosacea. It may seem odd, but wear your sunscreen 365 days a year. Even on cloudy or winter days when the sun is not visibly shining, you can still be exposed to harmful UVA and UVB rays. Selecting the correct sunscreen and applying it often can be a major help in keeping your rosacea flare ups in check.