

July News

Sun Protection - What you should know before heading outdoors!

Why is sun protection important?

Short term UV radiation from the sun causes sunburn and immune suppression. Chronic sun exposure can lead to photoaging and skin cancer. Skin cancer is currently the most common type of cancer.

What is photoaging?

Photoaging is premature aging of the skin due to damage from UV rays. It is described as a dry, rough, leathery appearance to the skin with fine and deep wrinkles.

What part of the sun's rays are damaging?

The ultraviolet (UV) radiation that comes from the sun and tanning bulbs is damaging to the skin. It is part of the electromagnetic spectrum, with wavelengths shorter than that of visible light, therefore you can't see it.

There are three types of UV light:

- UVA - penetrates the skin the deepest causing wrinkles and aging. It is also responsible for sun reactions to medications. More than 95% of solar radiation reaching Earth's surface is UVA
- UVB - is the most damaging to our skin. It is the main cause of sunburns as it is nearly 1000 times stronger than UVA rays.
- UVC - is the most dangerous, but virtually all of it is absorbed by the Earth's ozone



What does SPF mean?

SPF stands for Sun Protection Factor. The SPF gives the wearer that many times longer in the sun without burning. For instance, if you burn in 10 minutes without wearing sun screen, you will have 150 minutes of protection with SPF 15.

How do sunscreens work?

There are two different kinds of sunscreens:

- Chemical agents (sunscreens with Avobenzone, Dioxybenzone, Meradimate, Octinoxate, Octisalate, Octocrylene, Oxybenzone, or Padimate O) - act by absorbing UV rays and convert the energy into heat
- Physical agents (sunscreens containing titanium dioxide or zinc oxide)—reflect or scatter UV light. These sunscreens protect against both UVA and UVB light.

What should you look for in a sunscreen?

Choose a broad spectrum sunscreen, meaning it protects against both UVA and UVB. If you are going to be in the water or doing sports, choose a water-resistant sunscreen—these have SPF maintained after 40 minutes of water immersion. Better yet are very water-resistant- sunscreens which have SPF maintained after 80 minutes of water immersion.

At the start of the summer check to make sure your sunscreen from last year hasn't expired!!

How should sunscreen be applied?

Sunscreen should be applied 15 – 30 minutes prior to sun exposure, allowing sufficient time for the protection to develop. Sunscreen should be applied liberally – up to 1 oz. (30 g) of product may be required to cover the entire body surface. Make sure to apply it to your nose, ears, toes and anywhere else that is exposed to the sun.

Sunscreen should be re-applied after prolonged water immersion or vigorous activity leading to sweating. For these activities “water-resistant” or “very water resistant” products are recommended. It's a good idea to [reapply sun screen every 2 hours to ensure maximum protection.](#)

When is sunscreen needed?

Depending on latitude and climate, sunscreen may need to be applied year-round, including on cloud covered days, when up to 80% of UV light may still reach Earth's surface.

Sunscreen use is most important between 10 AM and 4 PM when exposure to UV light is the strongest. Sunscreen with SPF 15 are sufficient for intermittent, and casual daily use. However, SPF 30 or greater is recommended for prolonged recreational or occupational exposures to the sun, especially in fair-skin individuals

Pharmacist Recommended sunscreen:

Banana Boat Sport Performance 30
Coppertone Waterproof Sunscreen 30
Hawaiian Tropic Island Sport 30

Rx Center— Diabetic supplies need a prescription too!

Which insulin supplies should you get a prescription for?

Not only do you need a prescription for your insulin if you are a diabetic, but you should also [have your doctor write you a prescription for your needles and your test strips](#).

Why do you need a prescription for these?

In order for drug plans to pay for your insulin supplies like needles and strips, they require a prescription. You can buy these items without a prescription, but they will not be covered by your insurance plan.

What about lancets?

Lancet's are not covered by any insurance plans at the current time. There-

fore you do not require a prescription for lancets because you will have to pay for them either way.

What should be on the prescription?

The prescription should specify how frequently the supplies are to be used (ex. Three times daily or Four times daily etc.). It should also say how many needles and/or strips are being prescribed. The doctor may write this as a quantity (ex. 100) or by duration (ex. 3 months).



How long is a prescription valid for?

The longest possible duration for a single prescription is 18 months from the date it is entered into the pharmacy's computer. However, the pharmacy can accept a prescription up to one year after the date it was written. [Even though you will need these supplies ongoing, the doctor cannot write a prescription for the rest of your life!](#) It is good practice to ask your doctor for a new prescription for your supplies at each doctors visit to ensure your prescription for supplies doesn't expire.

Ask a member of the pharmacy team about the status of your diabetic supply prescription today!

OTC Spotlight— Aloe Vera After Sun Products

What is Aloe Vera?

The Aloe Vera plant closely resembles a cactus, however it is actually a member of the lily family. It is a tropical plant native to Northern Africa. The inside of the leaf contains a clear gel that is used in many topical products.

The gel contains a number of vitamins, minerals, amino acids and enzymes. It also contains salicylic acid which is an active ingredient in numerous acne medications. These ingredients give aloe its healing properties.



The history of Aloe Vera

Aloe Vera has been used for its healing properties since 2100 BC. It was used by the Romans, Greeks and Egyptians. Aloe Vera is said to have been an important part of the beauty regime of the Egyptian queens Nefertiti and Cleopatra. In 333 BC Aristotle persuaded Alexander the Great to invade and capture the island of Socotra in the Indian Ocean because it had a large supply of aloe which he needed to heal his wounded soldiers.



What is it used for?

Aloe Vera has antibacterial, antifungal and antiviral compounds in it which allows it to be used for wound healing. It also has immune-stimulating and anti-inflammatory compounds, and it stimulates collagen synthesis and skin regeneration. It's anti-inflammatory

properties make it very soothing to the skin; it is used to help heal acne and skin disorders of all kinds. The most common use for Aloe Vera is for the treatment of sun burns. When in a gel form, aloe creates a cooling sensation on the skin. It also reduces the swelling and pain related to sun burn.

Topical Aloe products can be applied to the affected area once to three times daily as needed.

Are there any side effects to Aloe Vera?

No. It is perfectly safe for all ages when used topically.

What Aloe Vera products do we recommend?

Hawaiian Tropic Aloe Vera Gel
Option+ After Sun Moisturizer
Option+ Aloe Vera After Sun Spray
Banana Boat Soothing Aloe After Sun Spray Gel

Newsletter Editor: Jaclyn Katelnikoff, Clinical Pharmacist
Reviewed By: Igor Shaskin, Clinical Pharmacist/Pharmacy Manager

Want to receive our monthly Newsletter via E mail? Ask to join our

