



UA PROFESSOR SHARES TIPS ON BUYING AND APPLYING SUNSCREEN

BY SAVANNAH BULLARD ON JULY 2, 2019

For many, the Fourth of July holiday means laying in the sun by the pool or at the beach. And to protect their skin from the sun's rays, they depend on sunscreen.

And, while many may think they can protect their skin by simply applying any sunscreen once they get outside, there are several things to keep in mind when purchasing and applying sunscreen. Dr. Alan Blum, from the University of Alabama's College of Community Health Sciences, said there are some things to look at when depending on sun screen for safety.

“The sunscreens can do a decent job if they offer, what they call, a sun protective factor, or SPF, of 30,” Blum said. “But, that doesn’t mean you’re going to prevent all the conditions. You have to keep reapplying it. They’re mostly not waterproof so they’ll wash off, they’ll sweat off and I think above all, keep in mind they are just an extra added thing but they don’t protect you fully.”

For more tips on how to properly choose, apply and maintain sunscreen, [click here to visit the MD Anderson Cancer Center’s blog post on the subject.](#)