Protect Your Skin With Broad Spectrum Sunscreen

Dr. Kenneth Kulp

A member of the [Skin Cancer Foundation](http://www.skincancer.org/), Kenneth R. Kulp, MD, is certified by the American Board of Dermatology. He's also the owner of Kulp Dermatology. Experienced in skin cancer and melanoma, Dr. Kenneth Kulp suggests patients use broad spectrum sunscreen.

Sun contains UVA and UVB rays. UVB rays burn the skin, and UVA rays affect the lower layers of the epidermis leading to premature aging and age spots. While many older sunscreens protected against UVB rays, broad spectrum sunscreens are the only way to get the best protection against skin cancer.

It's important to use a broad spectrum sunscreen that contains one of the benzones, such as avobenzone, oxybenzone, or sulisbenzone. If you prefer mineral-based sunscreens, look for titanium dioxide or zinc oxide. While zinc oxide used to make people look chalky and white, many of the sunscreens on the market use clear zinc. For best results, doctors like Kenneth Kulp, MD, recommend using liberal amounts of sunscreen, reapplying it often, and choosing a product with an SPF rating of higher than 15.