

## UV EXPOSURE & SKIN CANCER

### WHAT IS ULTRAVIOLET (UV) LIGHT?

Ultraviolet is a color of light just beyond human vision. UV light that reaches the earth's surface is broken into two groups—ultraviolet A (UVA) rays and ultraviolet B (UVB) rays. Although invisible to the naked eye, UVA and UVB rays play a significant role in conditions such as premature skin ageing, eye damage & skin cancers.

### UVA, UVB - WHAT'S THE DIFFERENCE?

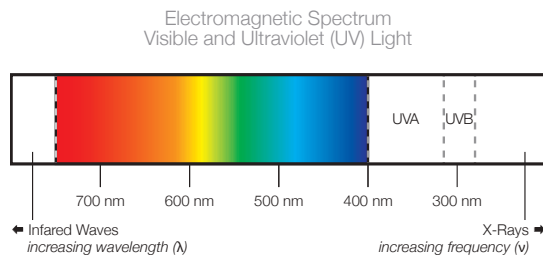
**UVA (Ageing) rays** increase the risk of cancer and cause premature skin ageing, wrinkles & age spots. These rays do not burn the skin or leave any indication of over-exposure and are present at near full intensity year-round. They penetrate both clouds and glass to cause sun damage any time you're exposed to natural light—even on cloudy days, when driving or indoors. Sun Protection Factor (SPF) ratings do not measure UVA protection. Only a Broad-Spectrum sunscreen offers UVA protection.

### UVB (BURNING) RAYS

UVB (Burning) rays are what people classically equate with sun exposure. These rays cause sunburns and increase the risk of cancer & premature ageing. Intensity varies by season, location and time of day, and is most intense in the summer between 10am and 4pm. SPF measures the degree of protection against these rays only.

### UV RADIATION - WHAT'S THE RISK?

Both UVA and UVB radiation increase the risk of cancer and cause premature photo-ageing including wrinkles, uneven texture & sun spots. UV radiation is considered the main cause of skin cancers (both melanoma and non-melanoma) with **more than 2 million diagnosed each year in the US alone**. Further, 3 out of every 4 cancer deaths in the US are attributable to skin cancer.



## DID YOU KNOW?

**MELANOMA** causes **2 OUT OF 4**  
of **SKIN CANCER DEATHS**

The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label:

**SPF 30 OR HIGHER**

**BROAD SPECTRUM**

Required to provide protection against both  
UVA and UVB rays

**WATER RESISTANT**

For up to 40 or 80 minutes

**1 IN 5** Americans will be  
**DIAGNOSED WITH SKIN CANCER**  
in their lifetime

Sunscreen is an **IMPORTANT TOOL** in  
the fight against skin cancer, including  
**MELANOMA**, the deadliest form of  
skin cancer

American Academy of Dermatology  
Excellence in Dermatopathology™

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## YOUR SKIN AND THE SUN

THE SUNSCREEN THAT'S  
RIGHT FOR YOU



Jan **MARINI**  
SKIN RESEARCH®

## FREQUENTLY ASKED QUESTIONS

### WHAT DO I NEED IN A SUNSCREEN?

Sun protection is required to reduce the risk of skin cancer and premature aging. The AAD and Skin Cancer Foundation recommend sunscreens with:

- SPF 30 or greater
- Broad spectrum UVA & UVB protection
- Water resistance

### SPF - WHAT DOES IT MEAN

SPF stands for "Sun Protection Factor" and indicates how many times longer it takes to redden skin with sunscreen vs. without. (Example: with SPF 30 it will take 30 times longer to redden the skin than without).

### WHAT IS BROAD SPECTRUM

Both UVA and UVB cause cancer. UVB leads to the classic visible "sunburn" but UVA penetrates more deeply, causing greater wrinkles and aging. SPF measures UVB protection ONLY. A separate test is required to prove that a sunscreen provides BOTH UVA and UVB protection for the labeled value.

### HOW MUCH UV IS PREVENTED?

Protection increases with SPF additional benefit is limited above SPF 30-45. SPF 15, 30, and 45 provide 92%, 97% and 98% UV protection respectively. Increasing SPF from 30 to 45 only added 1% more protection and no sunscreen can block 100%. For this reason, the FDA prevents excessively high ratings to avoid a false sense of security and the AAD and Skin Cancer Foundation recommend SPF 30 or higher.

### IS SUNSCREEN NEEDED EVERY DAY, YEAR-ROUND?

Yes. While UVB reduces in winter and is heavily blocked by glass, UVA (which causes wrinkles and cancer), is not blocked by glass and is almost equally intense year-round. Since sun damage is cumulative, 30 minutes of walking or commuting every day leads to the same sun exposure as 22 consecutive 8-hour days of sun on the beach.

### HOW CAN ANTIOXIDANTS HELP?

Free radicals are unstable oxygen molecules created by sun exposure – even when protected – that can lead to cellular damage, premature ageing and cancer. Antioxidants help bind, stabilise, & eliminate free radicals.

## SUNSCREENS



### ANTIOXIDANT DAILY FACE PROTECTANT SPF 33

Broad Spectrum | Water Resistant (80 Min)

- Enhanced with hydrators and antioxidants
- Weightless, cosmetically elegant formula
- Oil capture systems helps control breakthrough shine
- Broad Spectrum UVA & UVB Protection

### MARINI PHYSICAL PROTECTANT TINTED SPF 45

Broad Spectrum | Water Resistant (80 Min)

- Enhanced with multiple antioxidants
- Pure physical protectant with a universal tint
- Oil capture systems helps control breakthrough shine
- Broad Spectrum UVA & UVB Protection



### MARINI PHYSICAL PROTECTANT UNTINTED SPF 30

Broad Spectrum | Water Resistant (40 Min)

- Multiple advanced antioxidants for enhanced benefits
- Hydrating, pure-physical protectant
- Oil capture systems helps control breakthrough shine
- Broad Spectrum UVA & UVB Protection

## THE SUNSCREEN THAT'S RIGHT FOR YOU

### FIND A SUNSCREEN YOU WANT TO WEAR

This is the most important and often overlooked requirement. Almost everyone owns sunscreen, but few are willing to wear it daily because they dislike the way it feels, smells, etc.

### LOOK FOR ADDITIONAL BENEFITS

Sunscreens can incorporate ingredients with additional benefits, such as enhanced oil-control, moisturisers for increased hydration and antioxidants for increased free radical protection.



### WHAT SUNSCREEN IS BEST FOR ME?

Choose a sunscreen that you'll be willing to wear every day that also meets the criteria of the American Academy of Dermatology. Selecting a sunscreen that you'll be willing to wear daily is the single most important long-term anti-ageing and cancer prevention decision you can make.

### HOW ARE JAN MARINI SKIN RESEARCH'S SUNSCREENS UNIQUE?

All of JMSR's sunscreens utilize antioxidants, hydrators, and advanced ingredients, such as microscopic oil absorbing sponges, to greatly enhance the feeling and wearability of the product while simultaneously improving overall protection. Furthermore, JMSR's sunscreens offer broad spectrum protection and meet or exceed the AAD's criteria for sun protection & water resistance.