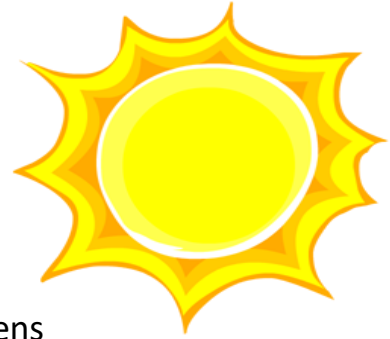


## Sunscreen Safety

(from Northwest Fly Fishing Magazine Sept/Oct 2019)

In February, the Food & Drug Admin took the first step in 40 years toward overhauling sunscreen safety regulations.



- There are 16 active ingredients in 1000+ sunscreens available in the US.
  - 2 = safe (Zink oxide, titanium dioxide)
  - 2 = unsafe (PABA and trolamine salicylate)
  - 12 = insufficient data / more study is needed.
- 2/3 of the US sunscreens contain **oxybenzone** and **octinoxate** which are listed in the “insufficient data” category. However, Hawaii and Key West recently passed bills banning those two based on data that they damage living coral and may be harmful to fish and other aquatic life. Also they are rapidly absorbed through the skin and are hormone disruptors linked to human health problems.
- Nearly half the US sunscreens do not meet European standards.

Sun protection tips:

- Clothing is the single most effective form of protection and is your first line of defense.
  - Fishing shirt is your first line of defense (UPF 30 or higher).
  - Sun gloves, especially in the tropics.
  - Neck gaiter, buff.
  - Broad brimmed hat.
  - Dark glasses.
- Don't stop using sunscreen, your second line of defense.
- Suggest using reef safe sunscreen.
- Use a broad spectrum sunscreen which blocks both UVA rays (causes wrinkles) and UVB rays (causes sunburn). Both UVA and UVB are carcinogenic.
- Apply sunscreen before applying DEET which can reduce sunscreen effectiveness by 1/3.