

# FACTSHEET



## Sun Screens and Ingredients: What to Look For

Eczema affects 5 million children and adults in the UK every year.

The Society is the only organisation in the UK devoted to improving the quality of life for people with eczema and their carers.

The Society provides practical support and information on the day-to-day management and treatment of eczema including:

- Confidential telephone and e-mail Helplines
- Fact sheets and information booklets
- Members' information pack and quarterly magazine

The Society also funds vital research into the cause and treatment of eczema and campaigns to influence health services for a better understanding of eczema and its effects.

The National Eczema Society receives no Government or Health Service funding.

The Society relies entirely on donations, legacies and membership subscriptions to fund this vital work.

Some people find that sunscreens can make their eczema worse. When you chose a sunscreen you will need to think about the same things as you would when choosing an emollient. You should always be careful and make sure that you test any new sunscreen before applying it to the whole of your body. Apply a small amount to the inside of the arm and wait 24 hours before using all over the body. If the skin becomes red and/ or itchy do not use the sunscreen, but ask your pharmacist, nurse or doctor for further advice. Many sunscreens contain fragrance, so if you react to perfumes it may be a good idea to choose one that is fragrance free .

Sunscreens contain chemical absorbers, physical reflectors or a mixture of both.

**Chemical absorbers** penetrate the skin and allow some UVA light to get to the skin but are a potential irritant. **Physical reflectors** such as titanium dioxide reflect the UVA, UVB and infra-red rays. They do not penetrate the skin and are therefore less irritating. However, one drawback of titanium dioxide is that it tends to leave a white sheen on the skin, which may not be cosmetically acceptable.

### Preservatives

Most sunscreens contain preservatives but one chemical in particular, **Methyldibromoglutaronitrile**, may cause an allergic reaction.

**Methyldibromoglutaronitrile** is found in a number of sunscreens and has caused an increase in allergic reactions in recent years. Typical reactions are swelling, itching and acute dermatitis, which could be very painful. Products that are free from this chemical include:

Sunsense range of sun protection

The Sun Mousse (Proderm) 20/30 and Sun Mousse for Kids (Proderm) 30 (NB - formerly Bergaderm)

Vichy Capital Soleil SPF50

### Prescriptions

Sunscreens on prescription are usually only prescribed routinely for patients diagnosed with photo dermatosis/polymorphic light eruption (sun sensitivity). Prescribing sunscreens for eczema will usually be at the nurses/GP's discretion.

Products and SPF	Physical Blockers	Chemical Absorbers	Other	Contains Perfume	Contains Preservative	Manufacturer/Distributor
<b>AMBRESOLAIR</b>						Garnier
Sensitive sunscreen milk 50+	√	√			√	
Sensitive protection spray 40 and 50	√	√			√	

# FACTSHEET



Products and SPF	Physical Blockers	Chemical Absorbers	Other	Contains Perfume	Contains Preservative	Manufacturer/Distributor
<b>AVENE</b>						Pierre Fabre Dermocosmetique
High Protection Cream Mineral Cream 50(mineral screen)	√		Intolerant skin		√	
Very High Protection Spray for Children 50+	√	√	Sensitive skin		√	
Very High Protection Cream 50+	√	√	Sensitive skin	√	√	
Very High Protection Spray 50+	√	√	Sensitive skin	√	√	
Moderate Protection Emulsion 20		√	Sensitive skin	√	√	
Moderate Protection Spray 20	√	√	Sensitive skin	√	√	
<b>CLINIQUE</b>						Clinique Laboratories
Sun care body cream 30 and 40		√	Water resistant Oil free		√	
City Block Sheer 25 and 40	√				√	
Sun Care body spray 25		√	Oil free & waterproof		√	
Face cream 30 and 40		√			√	
<b>DELPH</b>						Fenton
Lotion 15, 25 and 30	√	√	Available on prescription	√	√	
Young and Delicate Lotion 50	√	√		√	√	
<b>SOLTAN</b>						The Boots Company
Sun Stick 25	√					
Sensitive Lotion 15,30 and 50	√	√			√	
Sensitive spray 15,30 and 50	√	√			√	
Hair & Scalp Protector 25		√	Help protect scalp from burning	√	√	

# FACTSHEET



Products and SPF	Physical Blockers	Chemical Absorbers	Other	Contains Perfume	Contains Preservative	Manufacturer/Distributor
<b>SPECTRABAN</b>						Stiefel
Ultra Lotion 28	√	√	Available on prescription.	√	√	
<b>SUNSENSE</b>						Crawford Pharmaceuticals
Ultra lotion 50	√	√	Available on Prescription	√	√	
Sensitive 50	√				√	
Daily face 50	√	√	Suitable for acne prone skin/matt finish		√	
Toddler Milk 50	√	√		√	√	
<b>THE SUN MOUSSE (WITH PRODERM TECHNOLOGY)</b>						Sun Togs
The Sun Mousse (Proderm) 20/30	√	√			√	
The Sun Mousse For Kids (Proderm) 30	√	√			√	
<b>ULTRASUN</b>						Ultrasun (UK) Ltd
Ultra sensitive 50	√	√				
Reflex 30	√					
Ultralip 15		√				
<b>UVISTAT</b>						LPC Medical Ltd
Cream 20/30/50	√	√	Available on prescription.	√	√	
Lipscreen 50		√		√	√	
<b>VICHY Capital Soleil</b>						Vichy Laboratories
Children milk for face & Body 50	√					
Children spray 30 and 50	√					
Very fair/sensitive skin spray 30 and 50	√					

# FACTSHEET



Eczema affects 5 million children and adults in the UK every year.

The Society is the only organisation in the UK devoted to improving the quality of life for people with eczema and their carers.

The Society provides practical support and information on the day-to-day management and treatment of eczema including:

- Confidential telephone and e-mail Helplines
- Fact sheets and information booklets
- Members' information pack and quarterly magazine

The Society also funds vital research into the cause and treatment of eczema and campaigns to influence health services for a better understanding of eczema and its effects.

Products and SPF	Physical Blockers	Chemical Absorbers	Other	Contains Per-fume	Contains Preserva-tive	Manufac-turer/Distributor
Extreme Milk 50	√					
Hydra Milk Body 50	√				√	
Hydra Cream Face 50 and 30	√				√	
Extreme sun block stick, 50	√			√		
Milk gel body 30	√			√		

On parts of the skin that are not covered remember to apply a high factor sunscreen, at least factor 15, and reapply every two hours.

Whilst every effort has been made to provide accurate information in the above list, manufacturers may change their ingredients and you are advised to check the product contents on the packaging before use, or speak to your pharmacist regarding the contents.

**EU regulations since 2009**

All sun care products are now required to have standardised UVA and UVB protection indicated, in addition to an SPF number. The old labelling system referred only to the burn time of the skin and did not say anything about UVA protection. So the new regulations also mean that all products must show both UVB and UVA protection.

The new SPF system is simple: SPF factors from 6-14 are 'low'; 15-29 are 'medium'; 30-59 are 'high' and 60 and above are 'very high'.

**E45 sun range has been discontinued by the manufacturer**

## Further Information

Eczema Helpline  
0800 089 1122  
(Mon-Fri 8am to 8pm)  
e-mail  
helpline@eczema.org

To join the NES  
020 7281 3553  
(Mon-Fri 9am to  
5.30pm)

## Disclaimer

These details are provided only as a general guide. Individual circumstances differ and the National Eczema Society does not prescribe, give medical advice or endorse products or treatments. We hope you will find the information useful, but it does not replace and should not replace the essential guidance given by your general practitioner, dermatologist and dermatology nurse. Last updated 25 05 10.

©National Eczema Society 2010

The National Eczema Society is a charity registered with the Charity Commission (number 1009671) and a company limited by guarantee (registered in England, number 2685083)