



HEALTH

Safe Sun

10 best products for blocking those rays

by STEPHANIE HUSZAR and DANICA LO

JUST because you know you're supposed to wear sunscreen doesn't mean you'll actually apply some.

And therein lies the rub. Knowing isn't enough, you've got to rub the stuff in.

"Unprotected sun damage is just dangerous," says **Dr. Robert Guida**, (www.DrGuida.com), director of the division of facial plastic reconstructive surgery at Cornell University Medical Center. Guida, who treats patients who've been disfigured by skin cancer, says the sun is responsible for about 85 percent of visible aging - including fine lines, wrinkles and age spots.

To prevent skin damage, Guida believes in blocking the sun completely with zinc oxide and titanium dioxide. Short of that, "Something is better than nothing," he concedes. "Use a UVA/UVB block with at least SPF15 - look for the ingredients zinc oxide and parsol 1789. And wear a hat."

