

April 2010 Innovations Newsletter

Thursday, June 3, 2010 9:09 AM

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In The News...Stem Cell Benefits Questioned in Cosmetic Surgery

A recent buzz in cosmetic surgery is the use of stem cells, particularly from fat, to rejuvenate areas of the body. Unfortunately, while this is a very hot topic, there is not much research to back claims that are being made by some cosmetic surgeons. [Take a further read in this story by ABC News.](#)

For Your Information...Choosing a Sunscreen

With summer and outdoor sports just around the corner, it is important to think about sunscreen. Choosing the right sunscreen does not necessarily mean going with a certain brand or SPF but rather determining which one is right for your skin and which one has the broadest spectrum of coverage.

The sun emits ultraviolet radiation which causes aging and cancer in human skin. The sun creates age spots as well as decreases the parts of the skin that keep it tight (collagen) and increasing the parts of skin that make wrinkles (elastin).

Arbitrarily, the ultraviolet spectrum of light is divided into UV-A and UV-B. While UV-A is more associated with

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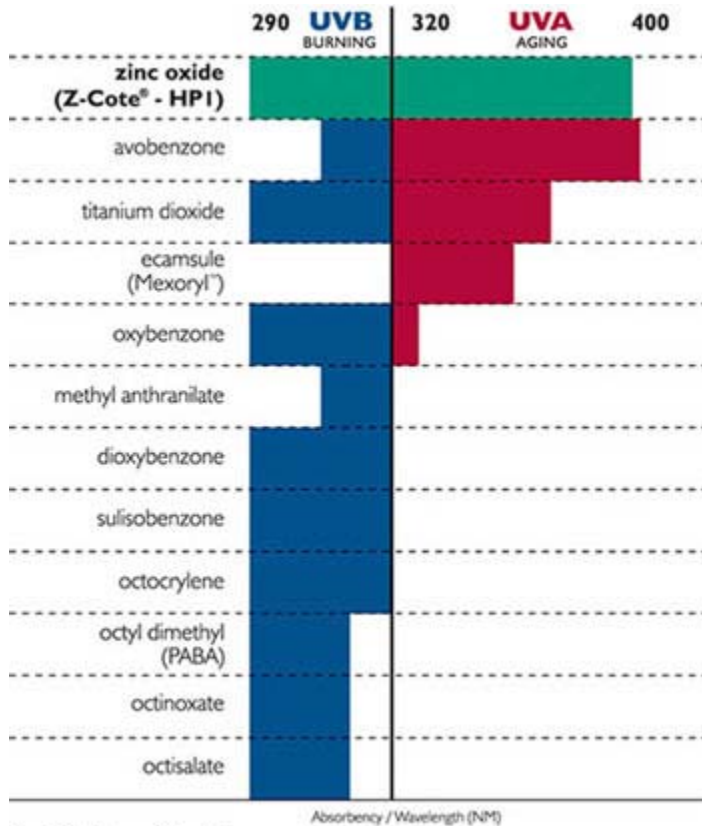
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aging and UV-B with cancer formation, both contribute to cancer formation. The current scale used to determine sunscreen effectiveness is called the **Sun Protection Factor** or SPF. SPF only measures UV-B protection, there is no measure of UV-A protection for United States sunscreens. SPF is also a logarithmic scale. This means that an SPF of 15 provides about 95% protection while an SPF of 30 provides about 97% protection. Anything more than an SPF of 30 is probably unnecessary. The graph below demonstrates the best ingredients for both UV-A and UV-B protection. The best bases are avobenzone, titanium, and zinc. The avobenzone can be irritating whereas zinc and titanium bases will be rather bland though may leave a slight white shine to the skin if not worked in enough.

The important thing about sunscreen is reapplying over the course of the day, about every 2-3 hours or after significant water exposure. Sun exposure actually deactivates some sunscreens thus necessitating the reapplication. Also remember that windows, unless they are specially tinted, will only protect against part of the UV-B spectrum and not the UV-A spectrum. This means that if you are riding in a car or work in an office building next to a window, you can get a significant amount of UV radiation exposure - especially UV-A radiation which contributes to skin cancer formation.



Losing Hair?



As part of a complete hair loss treatment plan for men, don't forget vitamin and mineral supplementation. As one of the most metabolically active parts of the body, the hair needs nutrition too. If you are a man and looking for that right vitamin supplement for your hair, consider Alpha Hair. [Click here to learn](#) more. [Back to top^](#)

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