

Q&A

Should I be worried about inhaling sunscreen if I use a spray formula?

“Yes, it may cause problems,” says Debra Jaliman, MD, author of *Skin Rules: Trade Secrets from a Top New York Dermatologist*. “The substance could get into your lungs, leading to a cough and possibly other damage.” The FDA is currently investigating whether inhalation is harmful, so take precautions. Always use sprays in a well-ventilated area and cover your kid’s eyes, nose and mouth as you spritz. When applying sunscreen to the face, spray into hands first and then rub onto skin. Jaliman’s favorite family-friendly sunscreens include EltaMD UV Spray Broad-Spectrum SPF 46 (\$30) and Avène Ultra-Light Hydrating Sunscreen Lotion Spray SPF 50+ (\$30).



Summer Bummers—Solved!

Get the tools you need to outsmart three surprising sun hazards.

☀️ #1: UV-BLOCKING LIP BALM

People prone to cold sores may get flare-ups more often during warm months due to sun exposure lowering the immune system, explains Joshua Zeichner, MD, director of cosmetic and clinical research in dermatology at Mount Sinai Medical Center in New York. Applying SPF 15 to your lips helps protect them from UV damage. Sitavig, a prescription tablet, may also prevent blisters when used at the first sign of stinging.

☀️ #2: SUN-SAFE LENSES

Bright rays—particularly those bouncing off the water—can burn your cornea and cause temporary vision loss, reveals Justin Bazan, OD, a Brooklyn-based optometrist and medical advisor for The Vision Council. Repeat damage also increases odds of cataracts and age-related macular degeneration. Always check store-bought sunglasses (even those with dark lenses) for a label that says they provide UVA and UVB protection.

☀️ #3: OIL-FREE SPF

UV light and bacteria from sweat exacerbate acne, while strong zit-fighting pills and lotions up the risk of sunburn, says Jeffrey Benabio, MD, a San Diego dermatologist and spokesperson for the American Academy of Dermatology. Target bumps with OTC benzoyl peroxide cream or salicylic acid spot treatment, followed by an oil-free sunscreen like Coppertone ClearlySheer for Sunny Days Face Lotion (\$9).

PATCH WORKS *An antidote for peanut allergies is on the way!*

About half of the study participants treated with Viaskin Peanut patch for one year could eat nearly four nuts by trial’s end without serious reactions. Constant low skin exposure allowed their bodies to recognize the food as safe, explains Scott Sicherer, MD, professor of pediatrics and researcher at Mount Sinai’s Jaffe Food Allergy Institute in New York City. It’ll take time to become available, but will mean less stress for people who accidentally eat a peanut.

