



Higher SPF Doesn't Always Mean Better Protection, Say Experts

Description

The warmer months have returned, marking the onset of sunscreen season, which serves as a timely reminder that sun protection is essential year-round. Dermatologists emphasise the need for consistent sunscreen application, noting that repeated sun exposure accumulates over time, impacting skin health and appearance as individuals age. Dr. Shannon Humphrey, a board-certified dermatologist, explains that the damage from ultraviolet radiation is cumulative, with much of the harm evident later in life as a result of years of exposure.

As people grow older, the focus on skincare evolves, transitioning from merely preventing sunburn to addressing cumulative sun damage that leads to wrinkles, dark spots, and even skin cancer. Experts agree that using sunscreen need not be overly complicated; regular use is one of the best practices for maintaining skin health.

Common mistakes in sunscreen application include the misconception that higher SPF equates to better protection. Dr. Humphrey indicates that the most effective sunscreen is one that users apply consistently, preferably a broad-spectrum formulation that defends against both UVA and UVB rays. Additionally, it is critical to apply a sufficient quantity — around a quarter teaspoon for the face and approximately one ounce for the body — as most individuals under-apply, significantly reducing the stated protection.

Failing to reapply sunscreen is another frequent error. Claire O'Bryan, a nurse practitioner, points out that many people believe a single morning application offers all-day protection, which is incorrect. Experts recommend reapplying every two hours, particularly after swimming or sweating, while also covering high-risk areas often overlooked, such as the ears and neck.

Lastly, using expired sunscreen poses risks, as products degrade over time and can lose their effectiveness. To ensure adequate protection, individuals should select a broad-spectrum sunscreen with an SPF of 30 or higher, apply generously, reapply regularly, and incorporate it into their daily routines.

Vocabulary List:

1. **onset** //ˈɒn,seɪt// (noun): the time when something first begins
2. **cumulative** //ˈkju:mjə,leɪtɪv// (adjective): increasing by adding more over time
3. **ultraviolet** //,ʌltrəˈvaɪələt// (adjective): type of light that we cannot see
4. **formulation** //fɔːrmjəˈleɪʃən// (noun): a product made with specific ingredients
5. **sufficient** //səˈfɪʃənt// (adjective): enough to meet what is needed
6. **degrade** //dɪˈgreɪd// (verb): to become worse or break down



Comprehension Questions

Multiple Choice

1. What is the main purpose of sunscreen according to dermatologists?
Option: Prevent skin cancer
Option: Moisturize skin
Option: Enhance appearance
Option: Improve skin texture
2. How often do experts recommend reapplying sunscreen?
Option: Every hour
Option: Every two hours
Option: Every three hours
Option: Once a day
3. What SPF is recommended for broad-spectrum sunscreen?
Option: 15
Option: 30
Option: 50
Option: 100
4. What is a common incorrect belief about sunscreen application?
Option: Higher SPF means better protection
Option: All sunscreens should be reapplied
Option: Sunscreen should be used year-round
Option: Sunscreen does not expire
5. What quantity of sunscreen is recommended for the face?
Option: A dime-sized amount
Option: A quarter teaspoon
Option: One ounce
Option: A full palmful
6. Who emphasizes the need for consistent sunscreen application?
Option: Claire O'Bryan



- Option: Dr. Shannon Humphrey
- Option: Health organizations
- Option: Beauty experts

True-False

- 7. Sunscreen is only necessary during the summer months.
- 8. Applying sunscreen once in the morning provides all-day protection.
- 9. Cumulative sun damage only becomes evident in later years.
- 10. Using an expired sunscreen is safe and effective.
- 11. It is recommended to use broad-spectrum sunscreen.
- 12. Most people apply enough sunscreen on their bodies.

Gap-Fill

- 13. The warmer months mark the onset of sunscreen season, which serves as a reminder that sun protection is essential _____.
- 14. Dr. Shannon Humphrey explains that damage from ultraviolet radiation is _____.
- 15. Experts recommend reapplying sunscreen every _____ hours.
- 16. The recommended SPF for adequate protection is _____ or higher.
- 17. A common mistake is assuming that higher SPF provides better _____.
- 18. It is crucial to apply a sufficient _____ of sunscreen for effective protection.

Answer

Multiple Choice: 1. Prevent skin cancer 2. Every two hours 3. 30 4. Higher SPF means better protection 5. A quarter teaspoon 6. Dr. Shannon Humphrey

True-False: 7. False 8. False 9. True 10. False 11. True 12. False

Gap-Fill: 13. year-round



14. cumulative 15. two 16. 30 17. protection 18. quantity

CATEGORY

1. Health - LEVEL6

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1. C2
2. ESL learning
3. esl news
4. Level 6
5. SPF
6. sunscreen

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Author

aimeeyoung99

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