

## Mayo Clinic Minute: Sunscreen has a shelf life and other facts to know

Did you know sunscreen has a shelf life? Or that too much heat or cold can ruin a new bottle?

Protecting your skin from harmful sun rays will help against inflammation, burns, premature aging and, most importantly, skin cancer.

Dr. Dawn Davis, a Mayo Clinic dermatologist, has more on sunscreen shelf life and other facts to help make decisions as you head into the sun.

Video	Audio
	You might think a dermatologist is going to ask you to ban the sun.
	"There's nothing wrong with being outside in the sun."
	UV, or ultraviolet light, is a carcinogen, says Dr. Dawn Davis. That's where sunscreen helps.
	"Sunscreen can act as a carcinogen barrier to help keep your skin safe."
	Keep these sunscreen facts in mind when you're reaching for your favorite bottle.
	Sunscreen can expire, affecting the active ingredient and the preservative.
	Sunscreen is sensitive to extreme temperatures. Keep it out of direct sun, and don't let it freeze during winter storage.
	People of color need to wear sunscreen.
	Bottom line, everyone over age 6 months needs sunscreen – babies included.
Dawn Davis, M.D. Dermatology Mayo Clinic	"It is a layman's myth that children do not get skin cancer. And it's a layman's myth that a person of color cannot have skin cancer."
	And lastly.
	"There literally is no such thing as a waterproof sunscreen."
	Apply, get wet, reapply.
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.