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## Sunburn Protection Factor (SPF):

### Sunscreen Guidelines are Changing.

Scott Popyk, RPh

More than 30 years after promising changes, the Food and Drug Administration has finally created new SPF guidelines designed to help consumers reduce their risk of cancer and early aging.

These are the key points, which take effect in a year for the majority of sunscreen manufacturers:

- In order to claim they protect against skin cancer, SPF formulas will have to prove they are effective against UVA rays as well as UVB.  
*-Detailed explanations of UVA & UVB rays on reverse*
- Formulas with SPF 15 or higher can claim on the package that "if used regularly, as directed, and in combination with other sun protection measures will help prevent sunburn, reduce the risk of skin cancer, and reduce the risk of early skin aging."
- Anything with SPF 14 or lower can claim broad spectrum if they meet broad-spectrum requirements, but can not make claims about reducing risks of skin cancer and early aging.

*Continued on reverse*

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## Compounders on Capitol Hill (CCH): A History of Affecting Change



Scott Popyk, founder of Health Dimensions, joined over 250 community pharmacists and pharmacy technicians in Washington, D.C., to meet with their federal House and Senate delegations as part of the International Academy of Compounding Pharmacists (IACP) 2011 **Compounders on Capitol Hill 17th annual conference and legislative event.**

This trip gave pharmacists a chance to speak directly to members of Congress and voice

concerns that directly affect patients whose health relies upon compounded medicines.

IACP is continuing to educate patients, prescribers, pharmacists, patient advocacy groups, congressional offices, state pharmacy associations, state pharmacy boards and Medicaid divisions about the vital importance of continued access to compounded medications.

These visits to Congress come at a particularly critical time for compounding pharmacies across the country and for the patients whom they serve.

Everyone who joined on Capitol Hill this year and those patients and prescribers who have called and written their members of Congress were vital to ensuring that the voice of compounding was heard.

IACP members are seeking a statutory change to provide coverage for compounded medicines prepared with approved pharmaceutical ingredients for all Medicaid and Medicare enrollees.



### Why Vanicream?

- Dermatologist recommended
- Total broad spectrum protection - blocks UVA and UVB rays
- Formulated without PABA, cinnamates, and benzophenones
- Formulated without preservatives or common chemical irritants
- Moisturizing
- Non-comedogenic (does not cause blackheads)

### Cosmetic Elegance

- Light, elegant, transparent formula
- Easy to spread
- For face and body

### Total broad spectrum protection

- UVB
- UVA I (long)
- UVA II (short)
- Exceeds 370 nanometers

**SPF 60 - \$21.99**  
**SPF 35 Sport - \$17.99**

- Sunscreens cannot be labeled as “waterproof,” “sweatproof,” or “sunblock.”
- Water-resistant sunscreen labels have to tell consumers how long they'll be protected in water (or sweat) — either 40 minutes or 80.
- Sunscreens cannot be labeled “protect on contact” or “longer than two hours without re-application” without submitting proof to the FDA .

Another issue yet to be determined is that manufacturers of SPF formulas higher than 50 would have to prove their product warrants the higher rating.

Lastly, the FDA is also examining sprays, wipes and powders to determine their level of effectiveness as well as to find out if the sprays might be harmful if inhaled.

Our newest sunscreen (Vanicream 60) is a ultra high-quality product that inhibits both UVA and UVB rays without the use of PABA, cinnamates, and benzophenones. This dermatologist recommended hypoallergenic sunscreen is a must have for this year's summertime fun. Read more in the margin to the left of the page.

*-SP*

*Source: imabeautygeek.com/2011/06/14/spf-news-fda-releases-new-sunscreen-guidelines*

*FDA Press Release: fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm258940.htm*

## UVA & UVB: THE DIFFERENCE

### UVB Rays:

Sometimes considered the sun's burning rays, UVB rays are most associated with sunburns and are also thought to contribute to skin cancers.

The intensity of these rays varies depending on time of day or time of year and are strongest between 10am and 4:00pm April through October.

### UVA Rays:

Believed to contribute to everything from sunburns to skin cancers and even photo aging.

Unlike UVB rays, UVA rays remain at a relatively stable intensity all year round. They are also thought to penetrate deeper into the skin's layers as opposed to UVB, which do most of its damage on the skin's outer epidermal layers.

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## Got the ITCH?

**Compounded Poison Ivy/Itch Buster:**  
Magnesium Based Spray

*Directions: Apply up to twice daily as needed for itch*

**AVAILABLE WITHOUT A PRESCRIPTION!**  
**2oz Spray - \$29.99**

**PLAN AHEAD:** Buy a bottle, **BEFORE** your family needs it.

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