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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

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.
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.*