

# NEWBEAUTY®

THE BEAUTY AUTHORITY

SUMMER 2019

## TOP DOCTORS

WHO TO SEE,  
WHAT TO GET

AESTHETIC UPDATE

## SUMMER FRIDAY FACELIFT

Miranda  
Kerr's

# MIRACLE FIXES

HER HEAD-TO-TOE GLOW,  
SUPERCHARGED SERUM,  
THE CLEAN WATER CURE

+

THE  
TRUTH  
ABOUT  
CBD

## HAPPY SKIN

BEST NEW  
SUNSCREENS

## THE NEW RULES

THERE ARE MANY NEW POINTS REGARDING THE LATEST FDA PROPOSALS FOR SUNSCREEN REGULATION; HERE, THE OFFICIAL SEVEN:

1

**Firstly, the FDA wants to establish** which existing OTC sunscreen products may be marketed without having to go through rigorous new drug application and approval process. Those that are grandfathered in are deemed GRASE (Generally Recognized as Safe and Effective), like titanium dioxide and zinc oxide (at concentrations of up to 25 percent). Two other ingredients, PABA and trolamine salicylate, have been found to not fall under GRASE due to safety issues.

2

**Oils, lotions, creams, gels,** butters, pastes, ointments and sticks would be acceptable vehicles for sunscreens. "Sprays, however, would be subject to additional testing to minimize potential risks from unintended inhalation and flammability in addition to drying time-testing and labeling requirements," says Dobos. Any new formulations like powders, towelettes, wipes, body washes and shampoos will need added testing as they do not have a history of use prior to 1972, which was the criteria for inclusion into the agency's original monograph.

3

**Due to concerns about adequate broad spectrum** protection (UVA and UVB) at higher SPF levels, the FDA raised the maximum SPF claim from SPF 50+ to 60+.

4

**Sunscreens with** an SPF value of 15 or higher will be required to also provide broad-spectrum protection and as SPF increases, the protection against UVA radiation must also increase. "SPF only indicates UVB protection, while UVA are the deeper penetrating rays that contribute to accelerated skin aging," adds Dobos. "This was done to ensure consumers get the protection they expect to get."

5

**Products that** combine insect repellents with sunscreens will not be considered GRASE.

6

**Clarifying the agency's expectations** for testing and record keeping by entities that test sunscreens to make sure the FDA can assess industry regulation compliance.

7

**New label requirements to help consumers identify key information,** including added active ingredients—placed on the front of the sunscreen package like other OTC drugs—including a skin cancer and skin aging alert for sunscreens that have not been shown to help prevent skin cancer; and revised formats for SPF, broad-spectrum and water resistance statements.



## BLUE LIGHT SPECIAL

Blue light can have positive effects on the skin, and is even used as a safe and effective treatment for mild acne. "But, we are being subjected to more blue light than ever before due to the prevalence of LED light bulbs and exposure from back-lighting of our personal devices like smartphones," Dobos explains. "Research shows the potential of blue light, or HEV, to degrade structural proteins like

collagen and elastin in the skin, which contribute to inflammation and extrinsic skin aging." Glenn Dale, MD dermatologist Valerie Callender, MD agrees. "Recent data even shows that HEV may contribute to the development of melasma," she says. "I think it's smart for melasma patients, in particular, to use a tinted sunscreen that contains minerals to manage the condition."

### BEHIND THE BAN

**While some debate the most significant contribution to coral bleaching is climate change, there is** undeniable concern that some chemical sunscreens like octinoxate and oxybenzone can contribute to coral bleaching, according to Dobos. "But, a study from the Polytechnic University of Marche in Italy estimated only a small portion of coral reefs worldwide—about 10 percent—are threatened by sunscreen-induced bleaching," she says. "To avoid possibly damaging coral reefs, beach-goers can select a formulation that utilizes titanium dioxide and zinc oxide as active ingredients."