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DAMAGING EFFECTS OF THE SUN



Behold, the unfortunate case of a 69-year-old truck driver who spent the better part of 30 years on the big rig. As anyone who's ever gotten sunburn on one arm can attest, the left side of our body—the one exposed to the sun when driving—is particularly vulnerable to UV rays. Still, we can only imagine Northwestern University researchers Joaquin C. Brieva and Jennifer R.S. Gordon were beyond amazed to stumble upon this particular truck driver as a prime human specimen that exemplifies just how damaging these rays can be.

Due to his vocation, the subject experienced what the researchers—whose observations were recently published in [The New England Journal of Medicine](#)—noted was a case of *unilateral dermatoheliosis*. This syndrome, associated with photo-damaged skin, is what can happen when chronic UVA exposure results in the “thickening of the epidermis and stratum corneum, as well as destruction of elastin fibers.”

“For a dermatologist, this image is like the best Christmas present ever!” says [Dr. Jeanine Downie, MD](#), YouBeauty Dermatology Expert. “This proves what we’ve been saying for years. People need to understand that UVA rays penetrate through window glass, and they need to apply broad spectrum protection of at least SPF 30 every day and reapply every two hours.”

In the end, the researchers noted, “The use of sun protection, topical retinoids and periodic monitoring for skin cancer were recommended for the patient.” We’d also recommend that to anyone, any age, any time.

“Colorescience SPF 30/50 is an amazing light weight powder formulation that will prevent photo damage if worn daily. Makeup touchups with sunblock are now simple.”

—Jeanine Downie MD
Dermatologist

Stay protected with Colorescience Sunforgettable® Mineral Sunscreen.