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Sunscreen wristband cute idea, but other precautions needed

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So *they* say ... smearing a plastic bracelet called UVSunSense with sunscreen then wearing it in the hot sun will clue you in on when to re-apply sunscreen.

The wristband's color changes when you need more sunscreen, which the American Academy of Dermatology recommends reapplying at least every two hours after the first application or more often if you are swimming or sweating.

The bracelet is orange when it is taken out of its package, then turns purple when it encounters sunlight. Sunscreen of SPF 15 or higher should be reapplied when the band turns brown.

Users should head indoors when the words "apply sunscreen to this side" are no longer visible.

Is the UVSunSense wristband worth the \$6.95 for a pack of seven bands?

"I think it's a cute idea but I don't know if it's the only thing to rely on," said Dr. Amy Derick, a dermatologist in Barrington.

Derick said the wristband might serve as a good reminder to apply sunscreen, but she would stick with the ADA's recommendations for when to reapply rather than rely exclusively on the band.

She said people also receive programmed text messages or set alarms to remind themselves to reapply their sunscreen.

More than 1 million cases of skin cancer are diagnosed annually in the United States, the American Academy of Dermatology reports, and studies have shown a link between sunburns and increased risk for melanoma, the deadliest kind of skin cancer.

The physicians group recommends wearing sunscreen year-round, and applying it to dry skin 15 to 30 minutes before going outside.



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