# Diet Expert Sparks Debate over SPF 50 Sunscreen Year-Round Use



Professor Tim Spector, a prominent diet expert, faced criticism after suggesting that wearing SPF 50 sunscreen year-round is unnecessary. Citing research involving mice, he argued that high SPF levels could block natural cancer defenses by reducing vitamin D. Antony Young from the British Association of Dermatologists countered this, stating that while UV exposure is vital for vitamin D, excessive sun exposure poses a skin cancer risk, especially for lighter-skinned individuals. Dermatologists emphasized that sun protection is crucial, especially from April to September when UV levels are higher in the UK.

Dr. Tess McPherson, President of the British Society for Paediatric and Adolescent Dermatology, acknowledged some confusion around Spector’s claims, reiterating that skin protection remains important and that vitamin D can be obtained through supplements. The UK sees about 15,000 melanoma diagnoses annually, a figure that has risen due to increased UV exposure from the sun and tanning beds.

In response to criticism, Spector maintained that daily SPF 50 is excessive for most people in the UK and could lead to vitamin D deficiency, though he acknowledged exceptions for individuals with a higher melanoma risk.