

SUN PROTECTION

(Compliments of Dermatology)

Using sun protection is an important way to stay healthy and decrease the chance of getting skin cancer and premature aging. It is very important for people with Lupus or Dermatomyositis to use sun protection. The sun's UV rays can cause the disease to flare or get worse even when it's well under control.



- **Use sunscreen!** Use sunscreen on sunny days, cloudy days and even in the winter. Use sunscreen whenever you go outside. The sun's UV rays can go through glass and clouds. They can also be reflected off of snow, ice, water, concrete and sand. Use sunscreen all year long even in the fall and winter months.
- Use a sunscreen with UVA and UVB coverage. It should be SPF 30 or higher. SPF is the "Sun Protective Factor".
- Pick a broad spectrum sunscreen. Look for ingredients like zinc oxide, titanium dioxide, Parsol 1789, Helioplex or Mexoryl.
- Apply sunscreen 30 minutes before going outside. Use enough to cover your whole body. Reapply every 2 hours while outside.
- Reapply sunscreen after swimming, exercising, sweating or rubbing the skin.
- Wear a broad brimmed hat and sunglasses when outside.
- Wear protective clothing. Dark clothes and a tight weave offer the best protection.
- Special children's sun protective clothing is available from:
 - Alpha/Radical Company at 1-877-266-7297 (toll free)
 - Solumbra at 1-800-882-7860 or www.sunprecautions.com
 - Coolibar at 1-800-926-6507 x 13 or www.coolibar.com
- There is a laundry additive is also available which will add a SPF 30 to all clothes. It is available at www.ritsunguard.com.
- Avoid the sun between the hours of 10AM to 4PM when the sun is the strongest.
- Never go to tanning salons! A tan is a sign of skin damage, not good health!

