

CARING FOR YOUR SKIN

- ◆ Reduce your exposure to the sun and to some sources of artificial light (especially fluorescent and halogen bulbs). The skin of people with lupus is very sensitive to the UV light that comes from these sources.
 - ◆ Limit outdoor activity between the hours of 10 a.m. and 4 p.m. This may mean a big change in your lifestyle if you work or play outdoors a lot.
 - ◆ Wear a sunscreen on exposed areas of skin. It should have a sun protection factor (SPF) of 15 or higher. Be sure that the sunscreen protects against both UVB and UVA rays.
 - ◆ Wear sunscreen all year round and on cloudy days as well as on sunny days. Also wear it indoors if you spend a lot of time in a room with many windows (glass does not filter out UV rays).
 - ◆ Wear protective clothing, such as hats with wide brims and clothing made of tightly woven material. Thin, loosely woven material allows UV light to penetrate to the skin.
 - ◆ Be aware of fluorescent light and halogen lamps. They can be found in many places and include floor lamps, overhead lights, photocopiers, and slide projectors. Sunscreen and protective clothing can help.
 - ◆ Tell your doctor immediately if any rash or sore appears or gets worse.
- ◆ If your doctor prescribes a medication for your skin condition, be sure to take it as directed.
 - ◆ Try rinsing your mouth with salt water and eating soft foods if you have mouth ulcers. A number of other treatments and preparations are available to treat mouth ulcers as well as those in the nose and vagina.
 - ◆ Avoid preparations or medications you know will make your condition worse. These might include hair dyes, skin creams, certain drugs that can make you more sensitive to the sun (for example, tetracyclines or diuretics), and things you are allergic to.
 - ◆ It's okay to wear makeup, but try hypoallergenic brands. A brand that also includes UV protection would be good to use.
 - ◆ If you have Raynaud's phenomenon, dress warmly in cold weather. Pay particular attention to keeping your hands and feet warm. Keeping your home warm will also help prevent an attack. Avoid smoking, caffeine, stress—all of these can contribute to Raynaud's phenomenon.
 - ◆ If you have trouble maintaining a positive attitude about your appearance due to your lupus, call your doctor or nurse to discuss your feelings and concerns.



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