

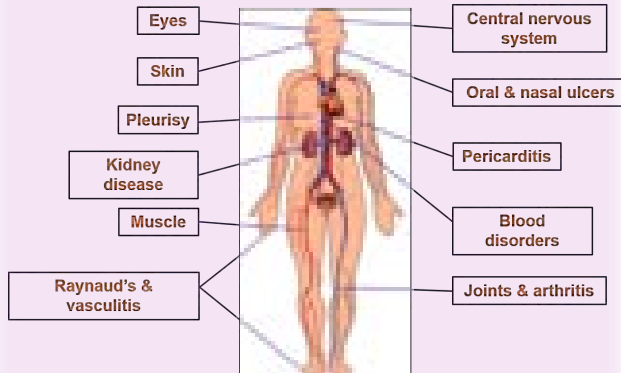


National Institute of
Arthritis and Musculoskeletal
and Skin Diseases

Lupus and the Sun: Be Sun Smart!

- Between 40 to 70 percent of lupus patients are sensitive to ultraviolet (UV) light.¹
- The American College of Rheumatology (ACR) defines photosensitivity as “a skin rash because of unusual reaction to sunlight.”²
- Outside of skin rashes, sunlight exposure can also cause increased disease activity in lupus, such as joint pain, weakness, fatigue, and fever.³
- In patients with lupus, cells are more sensitive to damage caused by UV radiation and these cells can trigger an attack by the immune system.³

Examples of Organs Involved, Signs and Symptoms



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NIH is the nation's medical research
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National Institutes of Health

Study of the Pathogenesis and Natural History of Lupus



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National Institutes of Health

Sun Tips:

How to Select a Sunscreen:

Inspect the ingredients

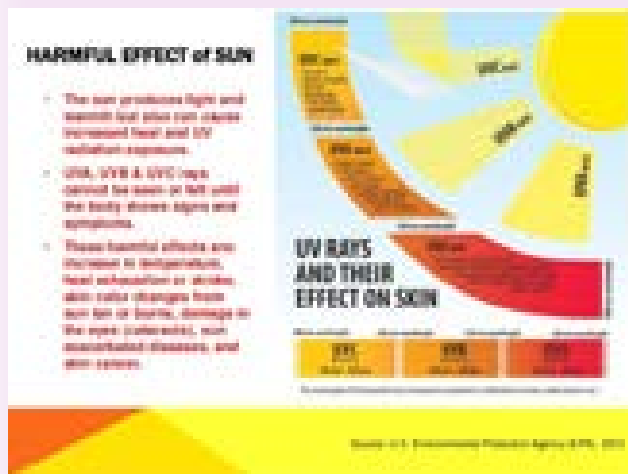
- Get **“Broad Spectrum”** sunscreen that protects against Ultraviolet A (UVA) and Ultraviolet B (UVB) rays.⁵
- Make sure it is SPF 30 or higher that contain UV-blocking ingredients such as zinc and titanium.⁵

Note: Higher SPF does not mean longer protection!

- Sunscreens that are water resistant, or very water resistant, for up to 40 or 80 minutes are good. Sunscreen should be reapplied since they are **NOT** waterproof or sweatproof.⁵
- One ounce of sunscreen is considered the amount needed to cover the exposed body area.⁵

Be Choosy

- Use a lotion or cream. Sprays are an ineffective way of applying sunscreen as most end up in the air.⁵



Apply Appropriately

- Apply sunscreen daily, especially 15-20 minutes before going outside.⁵
- Pay special attention to the front and back of your ears, neck, and where your arms meet your torso.⁵
- Reapply at least every 2 hours.⁵

Wear Protective Clothing

- Wear broad-brimmed hats (3-4 inches all the way around).³
- Wear protective clothing labeled UPF (Ultraviolet Protection Factor) of at least 30.³

Wear sunglasses labeled as, “UVA/UVB rating of 100 percent.”³

Cover lights and windows

- Cover fluorescent and halogen bulbs with light shields or with glass that filters out UV rays.¹
- Use UV-blocking shades to cover windows.
- Glass blocks UVB transmission, but UVA can still get through!¹

Drugs that May Increase Your Photosensitivity

- Antibiotics, such as doxycycline and tetracycline.⁴
- Anti-inflammatory drugs, such as ibuprofen.⁴
- Blood pressure medications, such as hydrochlorothiazide (HCTZ) and Lisinopril.⁴

Do Not Forget the Vitamin D!

- To meet your daily vitamin D requirement without spending extra time in the sunlight, take your Vitamin D recommended by your physician.¹

References:

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3. Franks, A., Jr., & D. F. (2017, September 19). 5 need-to-know facts about sun safety. Retrieved from <https://resources.lupus.org/entry/5-need-to-know-facts-about-sun-safety>
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