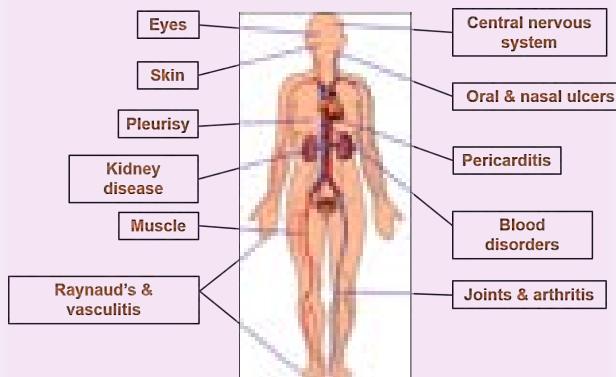


## **Lupus and the Sun: Be Sun Smart!**

- Between 40 to 70 percent of lupus patients are sensitive to ultraviolet (UV) light.<sup>1</sup>
- The American College of Rheumatology (ACR) defines photosensitivity as “a skin rash because of unusual reaction to sunlight.”<sup>2</sup>
- Outside of skin rashes, sunlight exposure can also cause increased disease activity in Lupus, such as joint pain, weakness, fatigue, and fever.<sup>3</sup>
- 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.<sup>3</sup>

### **Examples of Organs Involved, Signs and Symptoms**



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### **Study of the Pathogenesis and Natural History of Lupus**



## **Lupus and the Sun: Be Sun Smart!**

NIH is the nation's medical research agency - supporting scientific studies that turn discovery into health.

## Sun Tips:

### How to Select a Sunscreen: Inspect the ingredients

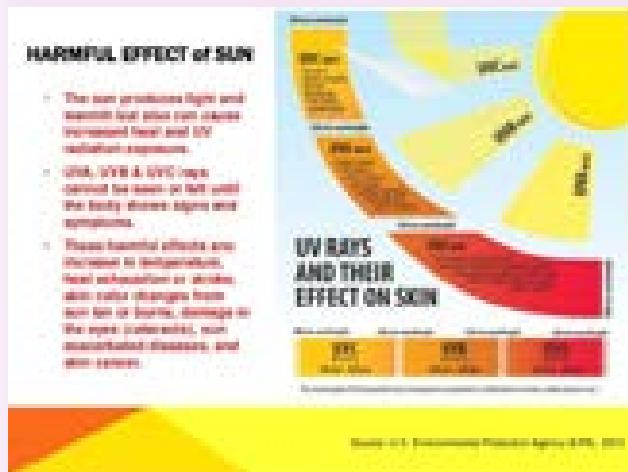
- Get “**Broad Spectrum**” sunscreen that protects against Ultraviolet A (UVA) and Ultraviolet B (UVB) rays.<sup>5</sup>
- Make sure it is SPF 30 or higher that contain UV-blocking ingredients such as zinc and titanium.<sup>5</sup>

**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.<sup>5</sup>
- One ounce of sunscreen is considered the amount needed to cover the exposed body area.<sup>5</sup>

### Be Choosy

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



### Apply Appropriately

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

### Wear Protective Clothing

- Wear broad-brimmed hats (3-4 inches all the way around).<sup>3</sup>
- Wear protective clothing labeled UPF (Ultraviolet Protection Factor) of at least 30.<sup>3</sup>

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

### Cover lights and windows

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

### Drugs that May Increase Your Photosensitivity

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

### 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.<sup>1</sup>

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1. Watson, S. (2017, September 19). UV exposure: What you need to know. Retrieved from <https://resources.lupus.org/entry/uv-exposure-what-you-need-to-know>
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