



MyHealth[™] Newsletter

SUN SAFETY

The warmer weather is finally upon us. Whether you will be gardening, spending time at the cottage, or taking a stroll through the park, it is important to be aware that daily exposure to the sun's ultra violet rays has both positive and negative effects on your skin and body.

Exposure to UV rays from the sun can help produce vitamin D in the body. Vitamin D helps strengthen bones, muscles and strengthens the body's immune system.

Sunlight can also enhance your mood and it is known to kill airborne bacteria.

While there are advantages to being out in the sun, over-exposure to UV radiation can have adverse effects including sunburn, premature ageing, heat illness and the risk of developing skin cancer. For some, certain medications can also cause skin sensitivity when exposed to sunlight.

DAILY SUN PROTECTION

Your skin is your largest organ, so it is important to protect it daily. If you are spending time outside in the sun, wear a hat, sunglasses, stay hydrated and don't forget the sunscreen. The Canadian Dermatology Association recommends using a sunscreen with a rating of at least SPF 30, and to apply frequently and liberally. If possible, stay out of the sun between 10 a.m. and 4 p.m. This is the time that the sun's rays are most intense and damaging. Your Remedy'sRx Pharmacist can guide you in selecting appropriate sun and skin care products.

TREATING SUNBURN

If you do get sunburned, especially a very red, painful, blistered or extensive sunburn, take action right away! Your Remedy'sRx Pharmacist can recommend products for relief, gentle cleansing, soothing and healing.

Travelling to a tropical destination? Your pharmacist is available to meet with you to discuss travel supplies, sun reactions, and time zone adjustments.

MEDICATIONS AND SUN SENSITIVITY

Some medications may cause dehydration or make your skin sensitive to the sun and more likely to burn. These medications include some antibiotics, cholesterol lowering medications and skin preparations.

Your pharmacist can review your medications to see if any of your medications cause sun sensitivity or cause dehydration.

Don't get burned! Speak to your Remedy'sRx Pharmacist today for sun care protection including sunscreen recommendations, sunburn relief and a sun safe medication review.

The contents herein are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.