



# MyHealth<sup>™</sup> Newsletter

## SUMMER SKIN CARE

Summer is here and for most people, that means enjoying more time outdoors. The sun and hot temperatures, however, can come with some risks to your skin. Sun damage can lead to premature aging of the skin, dry skin, wrinkles and even skin cancer over time. The skin is our largest organ, so let's protect it!

### 5 Tips for looking after your skin this summer:

- 1. Medications and the sun:** Some medications including some antibiotics, cholesterol lowering medications and skin preparations may cause you to burn more easily. Ask your Remedy'sRx Pharmacist if any of your medications cause sun sensitivity.
- 2. Drink plenty of water.** Dehydration results in dry skin and may also bring out side effects in certain medications. Get a summer medication check-up to see if any of your medications have dehydration-related precautions.
- 3. Wear the right sunscreen.** There are formulas for sensitive skin, children, and even sunscreen specially made for your face and lips. The Canadian Dermatology Association recommends using a sunscreen with a rating of at least SPF 30, and to apply frequently and liberally. As well, don't use old sunscreen – expired chemicals may actually make your skin react in the sun!

- 4. Stay out of the sun between 10am and 3pm.** This is the time that the sun's rays are most intense and damaging.
- 5. If you do get a sunburn, 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.

Your Remedy'sRx Pharmacist is happy to help you select appropriate sun and skin care products.

You can also make an appointment for a private and personalized consultation to go over routine and special summer considerations such as sun reactions, dehydration effects of medications, and travel supplies and time zone adjustments. Medication review sessions with your pharmacist are a provincially-funded health benefit in most provinces.

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.