

Top tips for summer skin care

Sun, heat, and dampness can all take their toll on your skin. Some medicines can also make your skin sensitive. Here are some tips to sidestep some common problems.

• Sunburn

- Choose sunscreen with a sun protection factor (SPF) of at least 30.
- Wear clothes that keep you safe from the sun. Try a hat, long-sleeved shirt, and pants.
- You can buy laundry soap that washes sun guard into your clothes.
- Stay out of direct sun as much as you can, especially when the sun is strongest (10 am to 4 pm).

• Dry skin

- Shower with warm (not hot) water after the pool or beach.
- Use scent-free moisturizer often during the day and right after showering or bathing. Creams are better than lotions. They leave an oily layer on your skin that keeps in moisture.
- Skip skin washes that guard against germs and odor. They can dry you out.

• Sun rash (red, itchy, scaly bumps that appear after you're in the sun)

- Review your meds with your doctor. Medicines that can increase your risk for sun rash are sulfa drugs (sulfamethoxazole and trimethoprim [Bactrim[®]]) and certain antibiotics (doxycycline, minocycline, tetracycline, ciprofloxacin, and levofloxacin).
- Protect your skin from sun or stay in the shade.

Have questions about your medicines? Ask your doctor, program nurse, or pharmacist. Also, never stop or change any medicines without talking with your doctor.

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- Wear your shades! Pick sunglasses that block out UV rays.

Staying safe outdoors: insects and allergies

Warm weather also brings a rise in bug bites. Mosquitoes can carry viruses like West Nile and Zika. Ticks can carry Lyme disease (in certain parts of the country), Rocky Mountain Spotted Fever (RMSF), Southern-tick associated rash illness (STARI), and sometimes an infection that can result in an allergy to red meat (alpha-gal syndrome). Symptoms of many of these illnesses can overlap. Look out for rash, fever, tiredness, headache, and muscle and joint pain.

Try these steps below to keep yourself safe from bugs:

- Wear long-sleeved shirts and long pants.
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Sun, heat, and dampness can all take their toll on your skin. Some medicines can also make your skin sensitive. Here are some tips to sidestep some common problems.

• Sunburn

- Choose sunscreen with a sun protection factor (SPF) of at least 30.
- Wear clothes that keep you safe from the sun. Try a hat, long-sleeved shirt, and pants.
- You can buy laundry soap that washes sun guard into your clothes.
- Stay out of direct sun as much as you can, especially when the sun is strongest (10 am to 4 pm).

• Dry skin

- Shower with warm (not hot) water after the pool or beach.
- Use scent-free moisturizer often during the day and right after showering or bathing. Creams are better than lotions. They leave an oily layer on your skin that keeps in moisture.
- Skip skin washes that guard against germs and odor. They can dry you out.

• Sun rash (red, itchy, scaly bumps that appear after you're in the sun)

- Review your meds with your doctor. Medicines that can increase your risk for sun rash are sulfa drugs (sulfamethoxazole and trimethoprim [Bactrim[®]]) and certain antibiotics (doxycycline, minocycline, tetracycline, ciprofloxacin, and levofloxacin).
- Protect your skin from sun or stay in the shade.

• Acne breakouts

- Blot sweat off your skin instead of rubbing it off.
- Wash sweaty clothes, towels, and hats before wearing them again.
- Use skin care products that do not block pores (check the label for 'oil free' or 'non-comedogenic').

Have questions about your medicines? Ask your doctor, program nurse, or pharmacist. Also, never stop or change any medicines without talking with your doctor.

Pick the right sunscreen

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- Choose a product with both UVA and UVB (broad spectrum) protection.
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- Wear your shades! Pick sunglasses that block out UV rays.

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Try these steps below to keep yourself safe from bugs:

- Wear long-sleeved shirts and long pants.
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• Dry skin

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• Sun rash (red, itchy, scaly bumps that appear after you're in the sun)

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• Dry skin

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• Sun rash (red, itchy, scaly bumps that appear after you're in the sun)

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- Protect your skin from sun or stay in the shade.

To learn more and find resources about how to protect your skin from dryness and sun exposure, visit the Myositis Association web site at myositis.org. Also, never stop or change any medicines without talking with your doctor.

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• Sunburn

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- You can buy laundry soap that washes sun guard into your clothes.
- Stay out of direct sun as much as you can, especially when the sun is strongest (10 am to 4 pm).

• Dry skin

- Shower with warm (not hot) water after the pool or beach.
- Use scent-free moisturizer often during the day and right after showering or bathing. Creams are better than lotions. They leave an oily layer on your skin that keeps in moisture.
- Skip skin washes that guard against germs and odor. They can dry you out.

• Sun rash (red, itchy, scaly bumps that appear after you're in the sun)

- Review your meds with your doctor. Medicines that can increase your risk for sun rash are sulfa drugs (sulfamethoxazole and trimethoprim [Bactrim[®]]) and certain antibiotics (doxycycline, minocycline, tetracycline, ciprofloxacin, and levofloxacin).
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• Vitamin D

- Many with Crohn's are low in vitamin D. Instead of getting more sun, talk with your doctor about taking a vitamin D supplement.

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- Stay out of direct sun as much as you can, especially when the sun is strongest (10 am to 4 pm).

• Dry skin

- Shower with warm (not hot) water after the pool or beach.
- Use scent-free moisturizer often during the day and right after showering or bathing. Creams are better than lotions. They leave an oily layer on your skin that keeps in moisture.
- Skip skin washes that guard against germs and odor. They can dry you out.

• Sun rash (red, itchy, scaly bumps that appear after you're in the sun)

- Review your meds with your doctor. Medicines that can increase your risk for sun rash are sulfa drugs (sulfamethoxazole and trimethoprim [Bactrim®]) and certain antibiotics (doxycycline, minocycline, tetracycline, ciprofloxacin, and levofloxacin).
- Protect your skin from sun or stay in the shade.

Have questions about your medicines? Ask your doctor, program nurse, or pharmacist. Also, never stop or change any medicines without talking with your doctor.

Pick the right sunscreen

Getting some sun boosts your vitamin D levels, but too much puts you at risk of skin cancer. Sunscreen is your friend. Here are some things to think about when buying it.

- Choose a product with both UVA and UVB (broad spectrum) protection.
- Sunscreen with SPF less than 15 only protects against sunburn, not skin cancer or aging.
- “Water resistant” does not mean “waterproof.” Be sure to put more on often during the day and after sweating, swimming, or drying off.
- Wear your shades! Pick sunglasses that block out UV rays.

Staying safe outdoors: insects and allergies

Warm weather also brings a rise in bug bites. Mosquitoes can carry viruses like West Nile and Zika. Ticks can carry Lyme disease (in certain parts of the country), Rocky Mountain Spotted Fever (RMSF), Southern-tick associated rash illness (STARI), and sometimes an infection that can result in an allergy to red meat (alpha-gal syndrome). Symptoms of many of these illnesses can overlap. Look out for rash, fever, tiredness, headache, and muscle and joint pain.

Try these steps below to keep yourself safe from bugs:

- Wear long-sleeved shirts and long pants.
- With sprays, always follow what it says on the label. Look for sprays that are safe for skin or clothing (permethrin, DEET, picaridin).
- Do not put bug spray on your skin under clothes.
- If you also use sunscreen, put on sunscreen first and bug spray second.
- Check yourself for tick and spider bites after being outdoors. Some ticks are tiny, so look very closely. Tell your doctor about any marks that could be a tick bite.
- Pets can bring ticks into your home from the outdoors, so check their fur as well.

Allergies from the pollen of plants (like ragweed) are also common in warm weather. Help your doctor find out if you have a pollen allergy by sharing your symptoms and the time of year your allergies are worst. Your doctor may run tests or start you on treatment.

For pollen allergies, try to spend less time outside when pollen is high. Air conditioning and good air duct filters also help. Some nasal sprays can offer short-term relief. If your symptoms are bad, allergy shots may be your best choice. Talk to your doctor. You may need to see an expert if you want to get allergy shots.

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