



## RETIREE RxCARE™ NEWSLETTER

### SUMMER SKIN DEFENSE

With warmer temperatures and longer daylight hours, we all spend more time outdoors during the summer months. It's important to adjust your skin care plan to meet the challenges of the season.

### SUN AND HEAT

Did you know that 600 heat-related deaths occur each year?<sup>1</sup> Always take precautions to shield your skin from the hazards of sun and heat. Wearing light-colored, loose fitting clothing such as cotton will help combat heat stress. Be aware that some prescription medications, such as anti-psychotics, tranquilizers and antidepressants impair the body's ability to regulate its temperature. See the blue side bar on the right for examples of medications that can cause skin sensitivity.

Although some ultraviolet (UV) exposure is beneficial for the body's natural production of vitamin D<sup>2</sup>, overexposure to the sun's rays can lead to premature aging and cancer of the skin as well as diseases of the eyes. Close to 4.3 million people are treated for skin cancer in the U.S. every year!<sup>3</sup> Donning sunglasses, a hat with a wide brim and a long-sleeved shirt is an easy first line of defense against the sun's harmful UV rays. Always use sunscreen rated SPF 15 or higher with "broad spectrum" or "UVA and UVB block" specified on the label. Sunscreens that aren't broad spectrum or with a lower SPF must carry a "Skin Cancer/Skin Aging Alert" warning on the label per FDA regulations. Also, according to the FDA, no manufacturer may claim their sunscreen is waterproof or sweat proof. All sunscreens should be reapplied every 2 hours. In the event you do get sunburned, try cool baths or showers, use a moisturizer containing aloe vera and take aspirin or ibuprofen to relieve discomfort. Also drink plenty of liquids as a severe sunburn can cause dehydration.

### ARE YOU TAKING ANY OF THESE MEDICATIONS?

- Acitretin®; Isotretinoin (Accutane®)
- Atorvastatin (Lipitor®)
- Benzocaine
- Benzoyl Peroxide (common in OTC washes and creams)
- Bumetanide
- Celecoxib
- Chlorpromazine
- Ciprofloxacin (Cipro®)
- Dapsone
- Diltiazem (Cardizem®)
- Doxepin (Sinequan®)
- Doxycycline; Minocycline
- Doxorubicin (a chemotherapy agent)
- Fluphenazine
- Flutamide
- Furosemide (Lasix®)
- Gemcitabine (a chemotherapy agent)
- Glipizide
- Glyburide
- Griseofulvin (Gris-Peg®)
- Levofloxacin (Levaquin®)
- Lovastatin
- Methotrexate
- Naproxen
- Perphenazine
- Piroxicam
- Pravastatin
- Promethazine (common ingredient in many prescription cough syrups)
- Quinidine
- Simvastatin
- Sulfadiazine
- Sulfamethoxazole/trimethoprim (Bactrim®/ Bactrim® DS)
- Sulfisoxazole
- Trimethoprim



## POISONOUS PLANTS

As you go about your outdoor activities, you can avoid contact with poisonous plants by becoming familiar with the appearance of local varieties in your area. This [Poisonous Plants Infographic](#)<sup>4</sup> provides lots of helpful information on the visual characteristics of Poison Ivy, Poison Oak and Poison Sumac. In the event of exposure, rubbing alcohol used within 30 minutes after skin contact, will remove urushiol, the oily resin that is responsible for causing an allergic reaction.

If you develop itching, swelling or blisters, talk to your local pharmacist for recommendations on over-the-counter products to alleviate the rash, which can take up to 10 days to heal. If the symptoms become severe or last more than two weeks, see your primary care physician. Your doctor may prescribe an oral corticosteroid such as prednisone and may also give you a steroid cream to apply to your skin.

## BITES AND STINGS

Warm temperatures come hand in hand with more insect bites and stings and that means increased risk of disease. Insects can spread infections such as Lyme Disease, West Nile Virus and Rocky Mountain Spotted Fever, so it's important to apply a repellent to keep the bugs at bay. Choose insect repellent that contains DEET, picaridin, IR35535, oil of lemon eucalyptus or para-menthane-diol and apply it after you put on sunscreen. Keep in mind that natural products such as citronella will not prevent tick bites. This search tool by the US EPA can help you select a repellent : [Find the Repellent that is Right for You](#)<sup>5</sup>. To treat insect bites and stings in general, washing the skin and applying over the counter topical ointments/creams that contain calamine or hydrocortisone will usually alleviate itching. Antihistamines (such as diphenhydramine) and anti-inflammatories (such as ibuprofen) will also treat swelling and irritation. If you develop a severe rash, unusual swelling, fever or nausea, seek medical treatment immediately.

Summer skin care can be challenging but a few minutes of thoughtful preparation beforehand will help you enjoy time outdoors while protecting your skin, the largest, fastest growing organ in your body and most importantly, your first line of defense against disease, damage, and aging.

The AmWINS Rx Clinical Team Wishes You a Happy and Healthy Summer!

### References:

1 Keep Your Cool in Hot Weather! | CDC. (2018, July 2). Retrieved from <https://www.cdc.gov/features/extremeheat/>

2 Summer Sun Safety: Protect Yourself from UV Radiation | CDC. "The World Health Organization (WHO) recommends 5 to 15 minutes of sun exposure 2 to 3 times a week." (2018, June 25). Retrieved from <https://blogs.cdc.gov/yourhealthyenvironment/2018/06/25/summer-sun-safety-protect-yourself-from-uv-radiation-2/>

3 Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses | FDA. (2019, February 21). Retrieved from <https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses>

4 Poisonous Plants [Infographic] | ACRT. (2018, February 18). Retrieved from [acrt.com/articles/poisonous-plants/](http://acrt.com/articles/poisonous-plants/)

5 Find the Repellent that is Right for You. | EPA. (2017, June 14). Retrieved from <https://www.epa.gov/insect-repellents/find-repellent-right-you>

