



## Healthy Living Tips

### Skin and Eye Protection

Doctors encourage scleroderma patients to maintain a regular exercise routine. If your favorite exercise regimen includes outdoor activities, you will want to make sure to protect your skin and eyes from the elements of the sun and the harmful effects of UV rays.

Here are some tips to help you keep your eyes and skin safeguarded.

- Stay in shaded area and avoid the direct sun.
- Wear 50+ UPF Protective Wear that blocks 98% of harmful sun rays. There are many reputable companies that sell stylish clothing.
- Wear a hat to cover your head and keep the sun away from your face.
- Use a broad spectrum sunscreen that protects against UVA and UVB rays.
- Do not use sun lamps.
- Do not use tanning beds.
- Wear quality sunglasses that block UV rays.

The American Academy of Dermatology suggests everyone should use sunscreen daily if they are going to be outside for even short periods of time. The sun emits harmful UV rays year-round and even on cloudy days, up to 80 percent of the sun's harmful UV rays can penetrate your skin, meaning you will want to have your skin protect with a broad spectrum sunscreen.

When using sunscreen it is important to use the correct amount and most individuals fall short of the recommended amount of a 1 ounce to apply to your entire body. As a point of reference, one ounce is about enough to fill a shot glass. This is the amount you will want to use 30 minutes before sun exposure and then every two hours after the initial application and during exposure.

Wearing sunblock is beneficial to your skin and overall health. Here are some of the benefits of wearing quality sunscreen.

### Benefits of Sunblock

- Decreases risk of skin cancer
- Slows down aging of skin and wrinkles
- Evens skin tone
- Can prevent discoloration on face