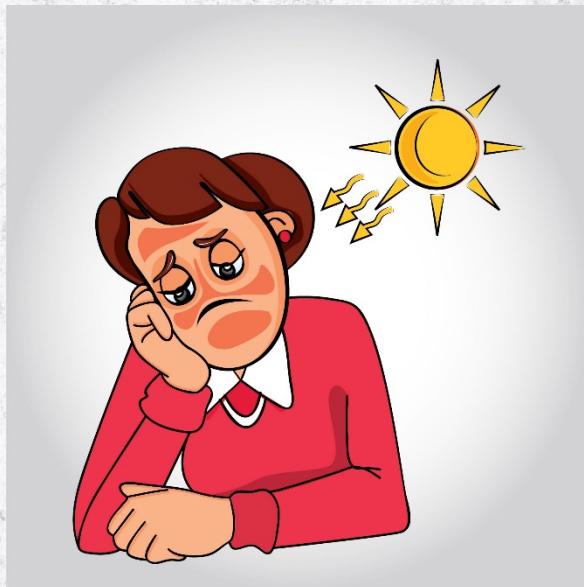


Sun Allergy



A sun allergy is a condition that causes a rash after a person is exposed to sunlight. It has several types of sun allergies, and reactions can range from mild to severe. The most effective treatment strategy is to avoid the sun or cover your skin, but other treatments may help.

Symptoms:

- Bumps, papules, nodules, blisters or hives.
- Itchiness.
- Redness.
- Scaling or crusting.
- Stinging or burning sensation.
- Swelling.

It may appear a few minutes, hours or days after sun exposure.

Causes:

Certain medications and medical conditions can make the skin to be more sensitive to the sun. It isn't discovered yet why some people have a sun allergy and others don't. Genetics may have a role.

Risk factors:

- Anyone is exposed to sun allergy, but people with lighter skin are more at risk.
- A number of medications can make the skin subjected to sun allergy more quickly including tetracycline antibiotics, sulfa-based drugs and some pain relievers
- Having dermatitis increases the risk of having a sun allergy.
- You're more likely to have a sun allergy if you have a sibling or parent with a sun allergy.

Prevention from sun allergy:

- Avoid the sun between 10 a.m. and 4 p.m. as these are the peak hours.
- Wear protective clothing while you are exposed to the sun like long-sleeved shirts
- Use a broad-spectrum sunscreen with an SPF of at least 30 daily and reapply every two hours even in winter.



Treatment:

The most effective treatment for sun allergy is avoiding sun exposure

But also, certain treatments may help:

- Antihistamines
- Corticosteroids
- Creams to ease itchiness.
- Phototherapy, a long-term treatment that uses repeat exposure to light to try to build your skin's tolerance.

Common questions:

Should I wear sunscreen in winter?

The answer is yes! Even when it's cloudy and snowy, wearing sunscreen in the winter is a crucial part of maintaining your skin health and protecting your skin from UV rays.

Are higher-priced sunscreens better quality?

No, there is no relationship between the price of the product and its effectiveness. All you need to make sure is the expiration date, and the product has a sun protection factor of 30 (SPF), or more.

