




## RETIREE RXCARE™ NEWSLETTER

### SUMMER SAFETY

As the weather gets warmer and many of us enjoy the outdoors more, it is important to make sure you stay protected from overexposure to the sun. Medications you may be taking can increase your skin's sensitivity to sun exposure, causing your skin to "burn" or become irritated with minimal time in the sun. The AmWINS Rx Clinical team has put together a list of some common medications that may increase your sensitivity to the sun.

### CHOOSING THE RIGHT SUNSCREEN

It is ALWAYS a good idea to apply a quality sunscreen before venturing out in the summer months. Below are a few things to look for when purchasing a sunscreen to ensure that you get your money's worth in protecting your skin:

- Almost all store generic brands are tested and are as effective as their branded counterpart products. (Just make sure to check the expiration date on all products.)
- Start with selecting a product that protects you from both UVA rays (damages the skin producing wrinkles) and UVB rays (causes sunburn which could lead to skin cancer). This should be indicated clearly on the front or back of the product package.

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### 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®)

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ON YOUR TEAM.



## SUNSCREEN (continued)

- A rule of thumb for selecting an SPF (Sun Protection Factor) level is to consider that SPF30 to SPF50 products are usually the most cost effective. Products with SPF levels above 50 may be more expensive than the lower
- SPF containing products, and offer minimal additional sun protection. The SPF is an indicator of the percentage the product will protect you from the sun. For example, an SPF15 product will block 94% of UVB rays, while an SPF100 blocks 99 % of UVB rays.
- No matter what SPF your product contains, the lotion/cream should generally be reapplied every 2 hours, or more frequently if you are engaging in outdoor activities that would cause it to wear off faster.

The AmWINS Rx Clinical Team

Wishes you a Happy and Healthy Summer Season!

## Medications (continued)

- 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

### Resources:

Pharmacistsletter.com

<http://www.webmd.com/beauty/sun/skin-sun-damage-15/how-to-choose-sunscreen>



ON YOUR TEAM.