

# Why is Sun Protection Important for Lupus Warriors?

Lupus is such a crazy disease. Last Wednesday, I had my appointment to go over my post cancer scans. I had to drive a little over an hour each way.

Running late as usual lol, I forgot to put on sunscreen before I left. I figured it wouldn't be a big deal because I wasn't actually going to be out in the sun 'like that'. But you see, lupus had other plans.

That night, I noticed I was slightly sunburned only on my left arm. I then broke out in a rash only on that side. All from the sun while driving to my appointment.

By Thursday night, I felt a sore forming [painless this time around] in the roof of my mouth. By Saturday morning, I was in a full flare and now am getting sores on my lips and skin above my lip. Ever since December, this seems to be a common thing for me when I flare now 😞 Not to mention the God awful fatigue and joint & muscle pain.

Im sharing these pictures to show that sun protection is SO IMPORTANT for lupus warriors. We think if we just run out to the store for a few, that we will be ok.

I am here to tell you that is not always true. My rheumy told me to wear sunscreen when I was diagnosed, even when just picking the kids up from school. I now see why.

Stress and the sun are major flare triggers for me personally. While it is hard to escape either in life, there are so many things you can do to help limit your exposure to both.

## Sun:

- Use a broad spectrum sunscreen with at least 50 SPF
- Sun Protective/UPF Clothing
- Wide Brimmed Hats
- Sunglasses
- Limit outdoor activities until the evening if possible

## Stress:

- Cut out toxic people!!
- Meditate or Pray for a few minutes each day
- Discover a hobby and spend a few times each day working on something YOU love and make this a daily thing.
- Take a rest day!!
- Yoga
- Take a social free day...we all should do this at some point