

MARCH EDITION

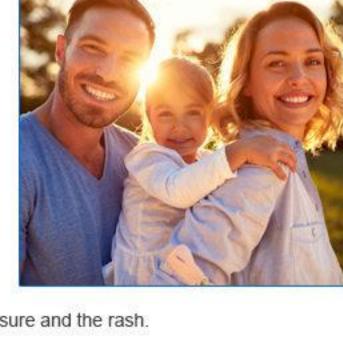


**EVENTS** 

**SPECIALS** 

### A skin rash that is caused or worsened by the

variety of photodermatidites such as photoallergic, phototoxic, photodrug (caused by medications or supplements), photocontact (something touching the skin and then reacting to the sun), and phytophoto (caused by plants). Photodermatitis can present as itching. redness, scaly bumps, blisters, skin darkening limited to sun exposed areas such as the neck, face, scalp, forearms/hands, and lower legs. Often times these patients will go months not realizing the connection between their sun exposure and the rash. Some of the more common causes we see in our clinic here at Skin Wellness Physicians is



photodrug eruptions. Common medications such as certain blood pressure medications, antibiotics, Benadryl, chemotherapy, diabetic medications, nonsteroidal anti-inflammatories

such as Aleve, some anti-depressants, and others can cause these eruptions.

Plants or food can cause phytophotodermatitis more commonly when touched followed by sun exposure. The most famous condition is "Margarita Dermatitis" or "Lime Disease". This should not be confused with the more well-known tick-borne Lyme Disease which is more serious. Common causes of phytophotodermatitis are parsnip, parsley, celery, types of hogweed, carrot, lemon, lime, bergamot orange, and figs.

Anyone suffering from a photodermatitis should visit their local dermatologist for treatment

and to rule out more serious illnesses such as lupus. The next time you are enjoying a long

day fishing here in beautiful South-West Florida remember to put on your sunscreen! LEARN MORE



### Purchase any of your favorite SkinCeuticals Phyto Products and receive 15% off that



(Products include: Phyto Corrective Gel, Phyto

PRODUCT OF THE MONTH

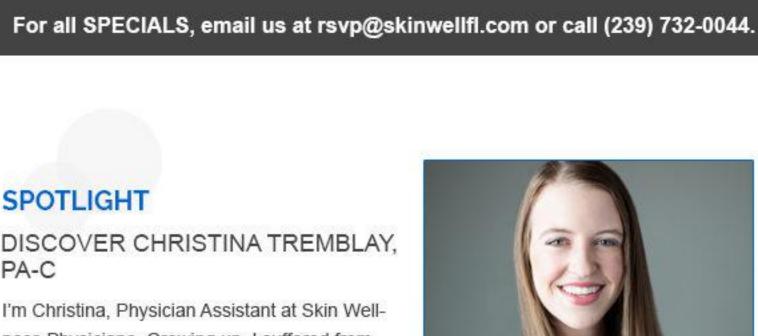
FULLY PHYTO - BOTANICAL

product!

Masque, and Phyto+.)

SOLUTIONS FOR PROBLEM SKIN





**INSIDER INFO** 

or beach getaway, we've compiled a list of sun essentials the whole family will need: Sunscreen: While it goes without saying that we need to apply sunscreen on beach days, we often overlook appropriate sun protection during cooler weather. If your family is headed on a ski trip, don't forget the snow reflects significant UV

or you're packing everyone up for a ski vacation

Sunglasses: It is critical you protect your eyes from the sun, no matter what the activity. Sunglasses should be worn by all family members- big and small. Goggles with UV protection are also readily available if you have planned a snow vacation. Lip balm with SPF: We often overlook the lips when it comes to sun protection, but they are especially vulnerable to damaging UV rays. Great for any and all outdoor activities, opt for a lip balm with SPF. Remember to keep it close by, as you will need to reapply

frequently. UPF rated clothing: It is no longer a fashion faux pas to wear sun protective clothing. Now readily available in all shapes and sizes, sun clothing and gear is ideal for all outdoor activities. We recommend UPF rating of 50 for optimal protection.

As a general tip, we recommend creams rather than lotions. Creams have a richer consistency, helping restore the skin barrier. For chapped lips, plain petroleum jelly is our favorite. Get ready for Spring Break. For more skincare advise and sun safety tips contact our

Moisturizer: After a long day at the beach or in the snow, your skin may be left feeling dry

and itchy. A generous application of a moisturizer cream will help repair and soothe dry skin.

**CONTACT US** 

office today!

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## spectrum sunscreen with a minimum SPF 30.

radiation. We recommend packing a broad-

March marks the peak of spring break season. What does your family have planned? Whether the grandkids are coming, you're staying local,

SYDNEY'S SPRING BREAK SURVIVAL KIT

# better about their skin too!

## ness Physicians. Growing up, I suffered from several skin conditions that a PA helped me overcome. She inspired me to become a PA in dermatology, so I can help people look and feel

# DISCOVER CHRISTINA TREMBLAY,



AM I ALLERGIC TO FISHING? HAVE YOU EVER FOUND YOURSELF DEVELOPING A RASH ON SUN EXPOSED AREAS OF YOUR BODY FOLLOWING A DAY ON THE WATER? sun is called photodermatitis. There are a