

Let's Talk IBD + SUN SAFETY

@ICNPatients share how & why they protect their skin

WEAR A HAT WHEN YOU KNOW YOU'RE GOING TO BE OUTSIDE FOR A WHILE AND KEEP SUNSCREEN WITH YOU IF THERE'S A HIGH CHANCE YOU COULD BE OUTSIDE OR TO REAPPLY.

I always try to put on lots of sunscreen while I am outside. My family has had a history of getting skin cancer and some medicines that I am on cause me to burn easy, so it is important to wear a lot of protection in the sun.

I always use a daily moisturizer with sunscreen in it. I am on no medications that influence my skin in the sun, so the correlation between sun and IBD is not too familiar with me.

I TRY TO WEAR SUNSCREEN AND WEAR MORE HATS OUTSIDE. IT'S IMPORTANT SINCE MY MEDS GIVE A HIGHER CHANCE OF SKIN CANCER.

SUNSCREEN IS A MUST. I ALWAYS WEAR A HAT OR A RASH GUARD IF I'M GOING OUT FOR LONG TIMES :D

Sunscreen and try to stay in the shade

Making sure I wear sunscreen and read the side effects of my medications/asking my doctor what SPF should be recommended based off of those things!

I LOVE MY NEUTROGENA FACIAL SUN SCREEN! I PUT IT ON EVERY DAY.

staying in the shade and reapplying sunscreen is really important because of meds. also wearing sunglasses so that my eyes don't burn.

I wear sunscreen and a hat when I am outside. My IBD meds and acne products make me sensitive to the sun, and my family has a history of skin cancer, so there are lots of factors that make me sun conscious. Finding a sunscreen that I really like and that works well for me made a big difference. My favorite is EltaMD.

CERAVE SUNSCREEN FACIAL LOTION REALLY WORKS. I HAVE BAD ACNE AND INFLAMMATION ON MY FACE SO IT REALLY HELPS!

@ImproveCareNow
#PACmoment
#SunSafety