

Health Tips from your friends at United Way & familywize

Enjoy the warmth and sun of summer, but consider these warnings. Not only can some medicines be harmed by heat or sunlight, but you can be harmed by the sun when you are taking certain medications.

There are several risks related to sun and medicine. In a nutshell, these include:

Sun-damaged drugs – medicines can become less effective when exposed to heat, which means they won't work as well. Be sure to read the labels and ask your pharmacist about the best way to store your medicine.

Phototoxic reactions – You may have a reaction that can be dangerous resulting from taking certain medicines and exposure to the sun. Talk to your doctor and pharmacist when taking medicines and follow the directions for medicines that cause phototoxic reactions. Avoid sun exposure and wear sunscreen.

Photoallergic reactions – Some medications can cause allergic reactions that cause skin reactions. Be sure to ask your pharmacist about the medications you are taking and take precautions with sun exposure.

Be sure to talk to your doctor or pharmacist when you are taking medicines and be healthy while you are enjoying the Summer Sun.

For more sun safety tips, visit <http://blog.familywize.org/2014/07/caution-summer-sun-affects-medications.html>
Be sure to use your familywize prescription savings card for every prescription.

To download your FamilyWize prescription savings card go to: www.familywize.org/rx

