Seasonal Psoriasis

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Tips on Planning Outdoor Activity

For many psoriasis patients, living in a climate with many seasons poses its own set of problems. Winter brings frigid temperatures and dry air that aggravates any type of skin exposed to it. In the summer, the humidity and the sun itself can cause problems for the psoriasis sufferer. So what is a person to do?

There needs to be a plan in action no matter what Mother Nature brings, so you can tackle seasonal psoriasis. Depending on your psoriatic response, you will need to use trial and error to find out which interventions work best for you. Listed below are some suggestions you can try for the different weather conditions. If you live in a varied climate, you will want to keep note of the techniques that work for you.

Preparing for Old Man Winter

If you live where it gets below 25 degrees, try out the following suggestions:

- When you go outside, whether to start your car or shovel, you should wear warm gloves. They should be the kind that keep moisture out so none seeps through to touch the skin.
- Use a humidifier at work or at home. This helps to keep the air from being too dry.
- If you can refrain from using a heater at night, you can prevent your skin from drying out. Using a humidifier in your bedroom is another option.
- Use a moisturizing soap. Avoid using too much soap that it dries the skin. Refrain from using hot water as it dries the skin as well.
- Using a non-perfumed oil or moisturizer after a bath or shower helps lock in moisture.

- Stay hydrated by drinking lots of water throughout the day.
- Avoid going outside as much as possible. Bundle up well if you do.

The Sun: Friend or Foe?

There are some patients with psoriasis that experience an improvement in their psoriasis during the summer months. It could be attributed to the ultraviolet light that the sunlight emits. While sunlight can offer benefits, you have to be careful of overexposure. This could lead to aggravating your psoriasis and sunburn. There are some guidelines to follow when using the sunlight for treatment.

- When using sunblock, use a broad-spectrum with an SPF of 30 or more.
- Try to stay out of the outdoors between the hours of 10 am and 4 pm. This time of day is when the sun's rays are at their strongest.
- When out and about, look for shaded areas to stay under to protect yourself from too much sun.
- Wear sunglasses to protect your eyes. A wide-brimmed hat is helpful, too.
- Be sure you are not taking any medications that make you sensitive to the sun. Your doctor or pharmacist

will let you know if you are on any of these kinds of meds. Consult your dermatologist about your decision to use sunlight as a means to help your psoriasis. He or she can determine if this is right for you.