



HAVE FUN IN THE SUN ... BUT DON'T FORGET THE SUNSCREEN!

What is a sunburn?

A sunburn is when your skin gets damaged from too much sun exposure. The sun gives off invisible rays called UV rays, and if your skin isn't protected, these rays can burn the top layers of your skin. Not only do skin burns cause redness, hotness, pain, and peeling, but it also increases your risk of skin cancer! For recommendations on a sunscreen for you, visit us at Lorette Pharmacie Dufresne.

What can increase the risk for skin cancer?

- Lots of sun exposure or tanning bed use
- Fair skin, light hair, light eyes
- History of bad sunburns, especially as a child
- Family history of skin cancer
- Older age

DID YOU KNOW: certain medications can increase the risk for sunburns?

That's right! Some medications make your skin react more strongly to sunlight. This is called photosensitivity. This happens when the medication absorbs the UV rays and cause a chemical reaction in the skin, leading to damage.

Some examples include:

- Some antibiotics like doxycycline and ciprofloxacin
- Some NSAIDs like naproxen
- Some acne products like isotretinoin (Accutane), tretinoin (Retin-A), and benzoyl peroxide
- Some diuretics like hydrochlorothiazide, and furosemide
- Some Tricyclic antidepressants like amitriptyline

FUN PHARMACY FACTS:

There are 3 types of UV rays that cause damage to the skin!

UVA goes deep into the skin and cause aging, wrinkles, and can increase skin cancer risk. They're around all day, all year.

UVB affects the top layer of your skin and is what causes sunburns. They also play a role in skin cancer

UVC are the strongest rays but don't reach us because the ozone layer blocks them.

For more info, visit
us at:

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References:

<https://www.canada.ca/en/health-canada/services/sun-safety/what-is-ultraviolet-radiation.html#a3>

<https://www.cdc.gov/skin-cancer/risk-factors/index.html>

<https://www.fda.gov/drugs/special-features/sun-and-your-medicine>

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