

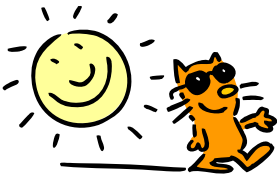
## SUMMER SKIN ALERT FOR PEOPLE WITH PRADER-WILLI SYNDROME



The summer months can offer many children and adults with Prader-Willi syndrome extra challenges in the area of skin maintenance and protection. Due to the fair nature of their skin plus the fact that some take medications that increase sun sensitivity, many are at increased risk of sun burning. In addition to using a sunscreen with a higher SPF factor, most need to do more. Sunscreen alone may not be enough.

Many need to wear more protective clothing and sunglasses. There are now shirts and other clothing items available that offer sun protection. Hats with a wider rim can provide protection for the face and head. Depending in the shape and size of the rim, a hat can offer protection to the ears as well.

### Be Sun-Sensible:



- Don't overdo. Stay out of the sun during peak sun/heat time – 12 noon until 3 pm
- Apply sunscreen about 30 minutes before going out in the sun.
- Reapply sunscreen frequently – especially if the person is in and out of the water.
- Limit time of exposure and encourage plenty of water and/or fluids. Keep in mind that persons with PWS often have difficulty regulating their body thermostat. They can overheat easily.
- Be aware of any medications that the person may be taking that may add to sun sensitivity. Check the medication bottle and/or consult with the pharmacist.

### Bugs ... Bites ... Plants and Itching



During the summer months, insects and plants can cause skin problems and challenges. Using an insect repellent may help to prevent unwanted bites that can cause itching, irritation, picking and sores. Touching certain plants (poison ivy, poison oak ...) can also result in severe skin reactions.

- When going on a hike or stroll in the woods, it is recommended the person with PWS wear long pants and/or long-sleeved shirt.
- Tuck pants into socks so ticks cannot bite around the ankles.
- If there has been known contact with any of these plants, use care when removing these items of clothing. Plant residue may be left behind.
- Laundry clothing as soon as possible.
- Shower immediately after exposure to wash away plant residue.
- Oatmeal soaks are often helpful and soothing.
- Consult a pharmacist or health care professional for use of an anti-itch cream.
- If a tick bite is suspected, watch area closely and consult a health care professional for monitoring.

