



## **Summer Skin Safety**

Summer is quickly approaching, which means everyone has more opportunity to get outdoors and enjoy some sunny weather. Seniors, however, should take a few extra precautions before heading out the door to assure that aging skin stays healthy and safe. More steps to get ready to head outside are worth it in the long run; irritated skin will not be a deterrent to soaking up nice weather and getting some much needed Vitamin D.



### ***Slather the Sunscreen***

Like someone of any age, sunscreen is an important part of senior skin safety. Look for at least an SPF of 30, taking care to reapply after a few hours in the sun. Here in the Denver area, seniors should take special care to apply sunscreen more than in other areas of the country. Our higher altitude makes us more susceptible to excess sun exposure, so don't be afraid to slather on that sunscreen!

### ***Spray for Bugs***

If you are headed out in the evening, when mosquitoes are on the prowl, or to a destination that is extra buggy, don't forget your bug spray! Nothing quite ruins a beautiful day outside like returning home with bug bites that will irritate you for days. Find something that will repel mosquitoes and ticks, especially if you may be headed out to a woodsy area.

### ***Flaunt a Hat***

Keeping the sun off your face and neck can save you from burning. Pick out a wide brimmed hat or sun visor to flaunt this summer when you will be spending extended time outside.

### ***Have a Drink***

Your skin requires moisture, and the best way to get a glowing complexion is to drink lots of water. Living in Denver gives us beautiful sunny days, but also very dry air which can contribute to dehydration and drier skin. It is best to combat our dry air exposure from the inside out by drinking plenty of fluids. This summer, concentrate on drinking at least 64 ounces of water each day. If that number seems unrealistic – or unsavory – to you, try incorporating water breaks

throughout your day. Adding a few slices of citrus or a few berries to a glass of water can also add a little pizzazz to keep you drinking.

### ***Beware Medication Side Effects***

Some medications can cause skin to burn easily or become more irritated in the bright sunlight. If you aren't sure if your medications can cause adverse sun-skin reactions, talk to your doctor or pharmacist so that you can adhere to any guidelines specific to your medication regimen.

### ***Know When to Return Inside***

Spending time outside can be valuable for your spirits and for your body. However, it is important to know when to get out of the rays. Set up a chair in the shade or take a break indoors on especially sunny days, giving your skin a break from the elements. While you are relaxing, have a glass of water and reapply your sunscreen before heading out again.

If you are looking for someone to keep your skin regimen on task this summer, or if you are looking for a companion to spend time with, our [Denver Visiting Angels](#) would love to start a relationship with you and your family. The summer is a wonderful time to experience the outdoors, and we'd love to do it together. Give us a call to see how having an Angel in your home can bring many health and social benefits.

Visiting Angels of Denver, CO

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