

Photosensitivity and Lupus Erythematosus

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There are two types of harmful ultra-violet (UV) rays, UV-A rays and UV-B rays. Both can cause sun damage; although, UV-B are the primary stimulator. Photosensitivity to UV light is often a symptom of lupus, but it may also be the side effect of medications used to treat lupus. You can be tested to determine photosensitivity with a phototest. Practically speaking, no one should completely avoid the sun; however, over exposure is not beneficial either. To protect your skin, while exposed to the sun, apply a sunscreen that blocks UV-A and UV-B rays. Try a PABA or Benzophenone based sunscreen as these work best.