

# Transplant Connection

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## Keep it shady — Too much sun can be dangerous for organ transplant recipients

People with a transplanted kidney are more than 50 times more likely to develop skin cancer. Limit your exposure, check your skin regularly and follow up with your doctor as appropriate.

### Steps to reduce your cancer risk

#### Daily sun protection

- Use sunscreen with SPF30 or higher.
- Wear protective clothing—long sleeved shirts and long pants are best. You can even buy clothes that have built-in SPF.
- Wear a wide-brimmed hat. Baseball caps do not protect your ears, a common area for skin cancer.
- Avoid sun exposure between 10 a.m. and 4 p.m. Don't stay in the sun for long periods of time, even with sunscreen.
- Do not use a tanning bed.

#### Monthly self-examination

- Do a self-exam of your entire body in a brightly lit room with a mirror or two. If needed, get help checking your back. If you notice pink patches or spots, scaly growths, bleeding areas or changing moles, tell your doctor right away.

#### Skin examination by a doctor

- Soon after your transplant, have your doctor perform a complete skin examination. Schedule such an exam each year.

#### When exercising outdoors

- Use a water-resistant sunscreen. Reapply sunscreen every two hours and after swimming or sweating.



Longtime Northwest Kidney Centers volunteer Dawn Marsh wears a hat for sun protection. She was on dialysis at Northwest Kidney Centers before receiving a kidney transplant almost 20 years ago.

## Our pharmacists know kidneys

Our friendly pharmacists can answer questions and fill prescriptions for all your medications, transplant-related or for other purposes. Delivery is free.

**Monday - Friday, 8 a.m. - 4:30 p.m.**

**206-343-4870**

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