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QUESTION: I can't avoid the sun altogether. How can I best manage it?

Tammy Utset, MD: It is very important to avoid or minimize sun exposure when you have lupus, but that doesn't mean that you need to stay indoors continuously during sunlit hours. Strategies to minimize sun exposure include, of course, using sun blocks and SPF 50 or higher is what I usually recommend. There also is sun-protective clothing, which is specially made, and dermatologists are a great resource for this clothing that is sun impenetrable. So a lot of clothing actually the sun can penetrate.

And then in addition to that, you can avoid sunlight in peak sunshine intensity hours, which would be from 10:00 till 2:00. So when you are outside, especially, you know, with your exercise program that's so good for you, you exercise in the morning or in the evening, and you try to avoid the 10:00 to 2:00 hours...So you can minimize your sun exposures in that respect.