

**TIP SHEET**

Skin Protection

Parkinson's symptoms can impact the skin. People with Parkinson's have an increased risk of developing melanoma, a type of skin cancer linked to sun exposure. The person with Parkinson's may also have more difficulty changing position, which can result in skin breakdown. Consider these recommendations to protect the skin.

» **Avoid hot, mid-day sun and seek shade when outside.**

Make sure your loved one uses sunscreen and wears a hat and sunglasses.

» **Help your loved one change position every two hours.** If your loved one is in a wheelchair, get a cushion to lessen the risk of pressure sores. See an occupational or rehab therapist to make sure the right cushions are used.

» **Check skin regularly for redness, blisters and/or open sores.**

Report any changes promptly to a member of the medical team.

» **Avoid skin contact with plastic coating and tapes from incontinence products;** these can irritate the skin.

» **Use lotion to prevent dryness.**

» **Consider an eggcrate or alternating pressure mattress pad** to reduce pressure points.



[Watch the CareMAP video](#)

Medications and General Health, Part 2

Online at caremap.parkinson.org

For other tip sheets and caregiver support information, order the book Caring and Coping.