

MAIN STREET MEDICAL SUPPLY

NEWSLETTER



Main Street Medical Supply

Central Texas Sunshine: Why UV Protection Matters More as We Age

Product Highlight

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Central Texas Sunshine: Why UV Protection Matters More as We Age

July in Central Texas has a way of announcing itself before you even step outside. The sun feels stronger, the sidewalks get warmer, and even a quick errand can turn into a reminder that summer here is not something to take lightly. Since July is UV Safety Month, it is a good time to talk about something simple but important: protecting older adults from too much sun exposure.

For seniors, UV protection is about much more than avoiding a sunburn. As we age, skin becomes thinner and more delicate, which can make it easier to burn and slower to heal. Certain medications can also make skin more sensitive to sunlight. Add in the Central Texas heat, and a short trip to the mailbox, a doctor's appointment, or a morning at the farmers market can take more out of someone than expected.

The good news is that sun safety does not have to mean staying inside all summer. It simply means being more thoughtful about timing, shade, hydration, and comfort. Early morning errands are often easier than afternoon outings. A wide-brimmed hat, sunglasses, and lightweight long sleeves can make a real difference. Sunscreen is important, but so is remembering to reapply it, especially on days spent in and out of the car or sitting outside with family.

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Mobility and comfort also play a role in summer safety. If walking long distances in the heat has become difficult, equipment such as a rollator, cane, transport chair, or scooter can help make outings more manageable. The goal is not to limit independence. It is to help people keep doing the things they enjoy with more confidence and less strain.

At Main Street Medical Supply, we know that staying active in the summer looks different for every person and every family. For some, it means getting safely to appointments. For others, it means attending a grandchild's ballgame, going to church, or enjoying a family cookout without feeling overwhelmed by the heat. Small adjustments can help make those moments safer and more comfortable.

This July, take the sunshine seriously, but do not let it take away the joy of summer. With a little preparation, the right support, and a good plan for the Texas heat, seniors can continue enjoying



the season while protecting their health.

Main Street Medical Supply is here to help you find equipment and everyday solutions that support comfort, safety, and independence at home and on the go.



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