



SUMMER TIME!

It's summer, the sun's out, and most people can't wait to go outside and soak up some sunshine. The recommended amount of sun exposure per day is about 20 minutes, as the sun's rays can aid in our body's production of vitamin D. While sunshine has its benefits, being out in the sun for too long can have negative consequences. About 86% of melanomas (skin cancer) have been caused by exposure to ultraviolet (UV) radiation from the sun. It's not necessary to avoid the sun altogether, but it is important to learn how to protect our body from the damaging effects of the sun.

SUNSCREEN LINGO

UVA RAYS VS. UVB RAYS

UVA rays (responsible for aging) penetrate deep into your skin and cause wrinkling and age spots. UVB rays (responsible for burns) hit the surface of your skin and damage your DNA.

SPF

SPF stands for Sun Protection Factor. It is a value that tells you how well your sunscreen will protect your skin.

TIP: Use sunscreen that is at least SPF 30

WATERPROOF VS. WATER RESISTANT

Waterproof means that your sunscreen will maintain its SPF during 80 minutes of water exposure, while water resistant means that your sunscreen will maintain its SPF during only 40 minutes of water exposure.

heliophilia

(n.) desire to stay in the sun; love of sunlight

DID YOU KNOW?

- The skin is the largest organ of the human body.
- 1 in 5 Americans will develop skin cancer over the course of their lifetime.
- One indoor tanning session increases your risk of developing melanoma by 20%.
- It takes about 20-30 minutes for sunscreen to soak into the skin.
- The sun's rays are strongest between 10:00AM and 4:00PM.



TOO MUCH FUN IN THE SUN?

DEHYDRATION SYMPTOMS

Dehydration occurs when your body loses more fluid than it is taking in. Some common symptoms include:

Bad breath: If you don't have enough water, you can't produce enough saliva, which makes the bacteria in your mouth grow much faster, causing the offensive odor.



Muscle Cramps: Changes in your electrolytes, like sodium and potassium can lead to muscle cramps.

Food cravings, especially sweets: When you are dehydrated, it becomes harder for your body to release glycogen (a type of sugar stored in your liver and muscles), and you may crave sweets.

***TIP:** Fruits are over 90% water and have enough sweetness to satisfy the sudden craving.



Headaches: Your brain lives in a water balloon that keeps it from getting bumped around in your skull. If the water balloon is empty, your brain is going to bounce around in there and it can cause terrible headaches.

SIGNS OF HEAT STROKE

Heat stroke is what happens when the body can't cool itself down and its temperature reaches a dangerous high.

WHO IS AT RISK?



SIGNS & SYMPTOMS



PREVENTION



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PROTECT THE SKIN YOU'RE IN

SKIN CANCER: SIGNS TO WATCH OUT FOR

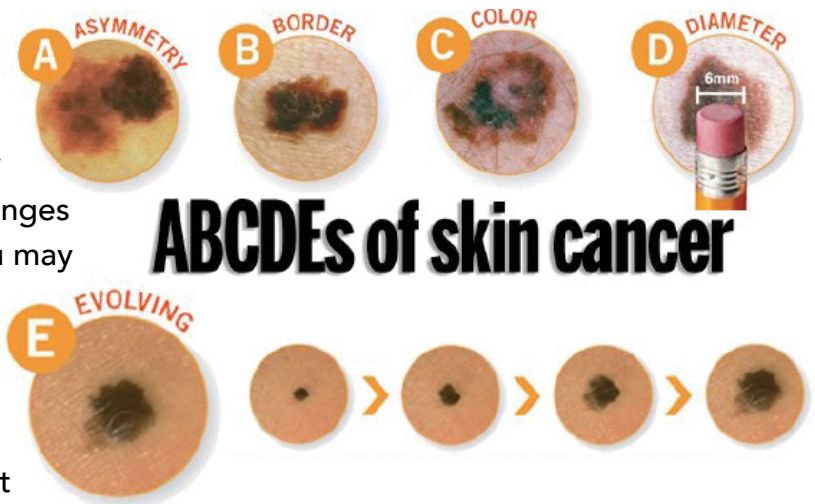
Skin cancer can be brought on by a wide variety of factors such as:

- High exposure to UV rays
- A history of severe sunburns
- Weakened immune system

Melanoma is often curable if it is caught in its early stages of development. If you find any unusual changes in your skin (such as those shown on the right), you may want to see your doctor for further examination.

Symptoms to look out for include:

- Change in size or color of a mole, growth, or spot
- Unusual roughness, oozing, or bleeding



ABCDEs of skin cancer

5 SIMPLE WAYS TO PREVENT SKIN CANCER



Slip on sun protective clothing.



Slop on SPF 30+ sunscreen.
Reapply every 2 hours.



Slap on a broad-brimmed hat.



Seek shade.



Slide on wrap-around sunglasses.

1 in 5 Americans will develop skin cancer. DON'T BE THE 1.

So, you tried your best to follow all the tips in this newsletter, but you accidentally fell asleep on the beach at noon. Now you're extra crispy and you don't know what to do.

Don't worry, we've got you covered.

SUNBURN TIPS

1. Put a damp cloth in the fridge (NOT the freezer) and apply to burn for ~15 minutes.
2. Put aloe in the fridge, apply as needed
3. Take a cool bath with 1 cup of ground oats or Aveeno.
4. Make green tea compresses: make a pot of green tea, soak towels in it, and refrigerate. The antioxidants in the tea will help with healing.
5. Rub the extra painful spots with cucumber or potato slices. They contain compounds that reduce swelling.



DISASTER PREPAREDNESS

Regardless of where you live, there is always a possibility for a natural disaster that can lead to power outages. It is important to be prepared ahead of time to ensure your safety and that of your loved ones. Below are a few things to keep in mind while preparing for a natural disaster.

Gather Supplies: Make sure you have enough food and bottled water for at least three days. Stick to shelf stable and canned goods like bread, tuna, or peanut butter. If you need medications, make sure to have enough on hand to last you throughout the duration of the storm. Have batteries, flashlights, or a generator in case of power outages.

Prepare Your Home: Put up shutters, put all outdoor furniture indoors, trim your trees to make them wind resistant, and have sand bags on hand in case of flooding.

Keep Up-to-Date with the Latest News: Watch the local forecasts for updates on potential storms. Keep a look out for evacuation notices in case of a particularly bad storm. Have an evacuation plan ready in case of emergencies - this may include a meeting place, emergency contacts, and bringing valuables.

Emergency Contacts: You may contact the following numbers in case of an emergency:

Federal Emergency Management Agency (FEMA): 1-800-621-3362

American Red Cross: 1-800-733-2767

Emergencies: 911

Non-Emergencies: 211

