

# Road to **WELLfluent**<sup>TM</sup>

Embrace better health.

## The Truth about Sunscreen: 7 Facts That Will Set You Straight for Skin Protection This Summer

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With summer around the corner, smart sun-lovers are planning how to keep their skin safe from sunburn and skin cancer while enjoying the warmer weather. Studies have shown that consumers use much less sunscreen than is needed to effectively protect their skin, so use more than you think you need. Sunscreen isn't just a product for women; using sunscreen and other sun-safety strategies is critical for anyone looking to prevent premature aging.

Here are some important facts about sunscreen that will have you loving your skin and the summer at the same time!

**1 Sunscreen is protective.** Sunscreen does protect your skin from the sun's rays, when used as directed. However, some research suggests that sunscreen users get burned frequently, which may be because they use too little, apply it/reapply it too late, or use it to engage in otherwise unsafe sun exposure, like staying out longer or not wearing protective clothing.

**2 You have to use a lot.** That means a shot glass full to cover the full body, a fourth to a half teaspoon for the face. Studies have shown that consumers use much less sunscreen than is needed to effectively protect their skin, so use more than you think you need, or get a measuring spoon!

**3 Don't use it solo; it's important to use a combination of sun safety approaches for effective sun protection.** Sunscreen isn't an



all-protective force field. It is intended to be combined with other sun-safety approaches, like covering up with clothing, staying in the shade, wearing a hat, and scheduling activities to avoid times of day when the sun is most intense (10AM – 4PM).

**4 It doesn't have to be greasy.** Recent advances in sunscreen technology have led to a variety of improved sunscreen textures and consistencies, from sticks for those who like to roll it on, to light milks

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that spread easily and leave no white cast. The days of thick pastes are over, but you still need to apply a lot, so pick a product with a texture you really like!

**5 It isn't just a girl thing.** Few men look forward to having wrinkles, age spots, or discolored skin. Sunscreen isn't just a product for women; using sunscreen and other sun-safety strategies is critical for anyone looking to prevent the premature aging that comes with sun exposure—not to mention helping prevent skin cancer.

**6 Coconut oil is not a good sunscreen.** Although some sunscreens contain coconut oil, the oil itself is not adequate to prevent skin damage. Coconut oil may extend the time to burn for some individuals, but the level of UV protection is very low and

may be highly variable by source, so don't rely on coconut oil to protect your skin!

**7 Sunscreen is NOT a "Do-It-Yourself" kind of product.** Sunscreen is a non-prescription drug intended to protect the skin. You wouldn't strap your child in using a seatbelt you made at home, so why protect their skin with untested homemade sunscreen? If you're concerned about the safety of ingredients in sunscreen, there are other options. You can move your outdoor activities to morning or evening, when the sun is less intense, and cover up, wear a hat, stay in the shade, and use a store-bought, mineral-based sunscreen.

Source: <https://blogs.cdc.gov/cancer/2019/05/01/the-truth-about-sunscreen-7-facts-that-will-set-you-straight-for-skin-protection-this-summer/>

## INDEPENDENCE DAY 2019...

A day filled with great food, good friends and brilliant fireworks! It's America's annual birthday party and everyone is invited. It's also an opportunity to declare our independence from the typical high calorie, high-fat (and often boring) picnic fare and begin some new summertime traditions. Try this recipe this year:

## TURKEY BURGERS WITH CRANBERRY-PEACH CHUTNEY

### Ingredients:

- 1 pound ground turkey breast
- 1 large egg white
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 lettuce leaves
- 4 (1 1/2-ounce) whole wheat hamburger buns

### Directions:

1. Combine turkey and next 3 ingredients. Divide turkey mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
2. Heat a large nonstick skillet over medium heat; coat pan with cooking spray. Add patties; cook 3 to 4 minutes on each side or until a thermometer registers 165°.
3. Place 1 lettuce leaf on bottom half of each bun; top each with 1 burger. Spread 2 tablespoons Cranberry-Peach Chutney on inside of each bun top; place each on top of 1 burger.

### Nutrition Information

Calories 342, Fat 10 g, Saturated fat 2.9 g, Monounsaturated fat 0.5 g, Polyunsaturated fat 1 g, Protein 28.2 g, Carbs 35.8 g, Fiber 3.6 g, Cholesterol 71 mg, Sodium 447 mg



# Learn How to Avoid Heat-related Illnesses & Death

The human body is normally able to regulate its temperature through sweating, until it is exposed to more heat than it can handle. Heat exhaustion and heat stroke can escalate rapidly, leading to delirium, organ damage and even death. In 2017, 87 people died in the U.S. from exposure to excessive heat, according to Injury Facts.

## People most at risk include:

- Infants and young children, especially if left in hot cars
- People 65 and older
- People who are ill, have chronic health conditions or are on certain medications
- People who are overweight

## Heat Exhaustion

When the body loses excessive water and salt, usually due to sweating, heat exhaustion can occur. According to the free NSC First Aid Quick Reference app, signs and symptoms include:

- Sweating
- Pale, ashen or moist skin
- Muscle cramps (especially for those working or exercising outdoors in high temperatures)
- Fatigue, weakness or exhaustion
- Headache, dizziness or fainting
- Nausea or vomiting
- Rapid heart rate

## Uncontrolled heat exhaustion can evolve into heat stroke, so make sure to treat victims quickly:

- Move victims to a shaded or air-conditioned area
- Give water or other cool, nonalcoholic beverages
- Apply wet towels, or have victims take a cool shower

## Heat Stroke

Seek medical help immediately if someone is suffering from heat stroke. Signs include:

- Body temperature above 103 degrees
- Skin that is flushed, dry and hot to the touch; sweating has usually stopped
- Rapid breathing
- Headache, dizziness, confusion or other signs of altered mental status
- Irrational or belligerent behavior
- Convulsions or unresponsiveness



## Immediately take action:

- Call 911
- Move the victim to a cool place
- Remove unnecessary clothing
- Immediately cool the victim, preferably by immersing up to the neck in cold water (with the help of a second rescuer)
- If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels
- Keep cooling until body temperature drops to 101 degrees
- Monitor the victim's breathing and be ready to give CPR if needed

## DO NOT:

- Force the victim to drink liquids
- Apply rubbing alcohol to the skin
- Allow victims to take pain relievers or salt tablets

## The best way to avoid a heat-related illness is to limit exposure outdoors during hot days. According to the Centers for Disease Control and Prevention:

- Air conditioning is the best way to cool off
- Drink fluids, even if you don't feel thirsty, and avoid alcohol

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- Wear loose, lightweight clothing and a hat
- Replace electrolytes lost from sweating by drinking fruit juice or sports drinks
- Avoid spending time outdoors during the hottest part of the day, from 11 a.m. to 3 p.m.
- Wear sunscreen; sunburn affects the body's ability to cool itself
- Pace yourself when you run or otherwise exert your body

**Keep Each Other Safe**

If your job requires you to work outside in hot weather, you and your supervisors can take precautions to minimize the risk of heat-related illnesses. The National Institute for Occupational Safety and Health recommends:

- Working shorter shifts until workers have adjusted to the heat
- Staying hydrated and drinking before you get thirsty
- Watch out for co-workers exhibiting signs of heat exhaustion or heat stroke
- Take time to rest and cool down

In your community, please check in on neighbors who are elderly, house-bound or may be reluctant to ask for help. You can offer to host them in the air-conditioned comfort of your living room on hot days, drive them to a local cooling center, or call relatives or city services to arrange for them to stay cool.

Source: **National Safety Council** - <https://bit.ly/2ZAVnQb>

## JULY EVENTS

Date	Time	Event	Location	Description
<b>Every Saturday in July</b>	7:30 am	<b>Depot Park parkrun - Weekly Free 5km Timed Run</b>	Depot Park, 874 SE 4th St, Gainesville, FL 32601	The Depot Park parkrun is a fun, free event organized by volunteers for the benefit of everyone. The course is 5000m (5K) long. The course is at Depot Park, Gainesville. The course is run entirely on asphalt paths. <a href="https://www.parkrun.us/depotpark/">https://www.parkrun.us/depotpark/</a>
<b>Saturday July 20, 2019</b>	6:30 pm (night race)	<b>Foam Glow - Jacksonville</b>	Jacksonville Equestrian Center 13611 Normandy Blvd, Jacksonville, FL 32221	We dedicate our races to Childhood Cancer Awareness and make sure we are working to spread the word around the nation one runner, once race at a time. Foam Glow 5K™ is a up to 5K run experience exposing runners to Glowing Foam and a ton of black lights all over the course. Glowing runners come from all different ages, shapes, sizes, and speeds. <a href="https://drcsports.com/race/jaxtri">https://drcsports.com/race/jaxtri</a>
<b>Sunday July 21, 2019</b>	6:30 am	<b>Mack Cycle Sprint Triathlon &amp; Duathlon International Triathlon &amp; Aqua bike</b>	Marine Stadium, Key Biscayne, Miami, Florida	Be part of the oldest triathlon series in South Florida, the 16th annual Mack Cycle Trilogy Sprint Triathlon/Duathlon and International Distance Triathlon. The Mack Cycle Trilogy Series will be taking part at the newly renovated Miami Marine Stadium. <a href="https://www.triathlontrilogy.com/">https://www.triathlontrilogy.com/</a>



A Wellness Newsletter for AvMed Members

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