Summer-safety Smarts

Summer is here. Be smart about safety so no one will get hurt from summertime fun.

Red Alert: Know the Facts About Sunburn

Slathering on sunscreen before you go outdoors is always a good idea. But using sunscreen alone may not be enough to shield you from the sun’s harmful ultraviolet (UV) radiation. Don’t risk skin cancer, the most common form of cancer. Add these steps in your sun-safety plan:

- Don’t burn
- Wear sun-shielding clothing
- Stay in the shade
- Don’t tan or use tanning beds
- Watch for extra sun glare from sand, snow and water
- Get vitamin D from safe sources like milk, cheese and yogurt
- Know the UV index
- Reapply sunscreen every two to three hours when outdoors for an extended time

Bright days are ahead when you practice sun safety all year round. Choose a sunscreen that has a Sun Protection Factor (SPF) of 15 or higher to shield the sun’s UVB rays. Also, check the label to make sure the product offers broad-spectrum safety from the sun’s UVA rays.

Sources:
- National Oceanic and Atmospheric Administration, National Weather Service; National Safety Council; Centers for Disease Control and Prevention

Summer also brings bad weather and more chance of lightning strikes. Remember to:

- Head to a safe building or car as soon as you hear thunder
- Stay in a safe place 30 minutes after the last clap of thunder
- Stay away from wet areas, metal objects, open fields, tall trees and hilltops
- Keep moving toward safe shelter – don’t lie flat on the ground

Sources: National Oceanic and Atmospheric Administration, National Weather Service; National Safety Council; Centers for Disease Control and Prevention
Don’t Be a Heartbreaker – Treat Bad Cholesterol

Guard your heart by maintaining a healthy cholesterol level. High LDL or “bad” cholesterol is risky. Unfortunately, less than half of the 71 million U.S. adults with high LDL cholesterol seek care from their doctors. Your doctor can check your level each year through a fasting blood test.

You can be kind to your heart with these lifestyle steps:

- Eat a heart-healthy diet low in trans fatty acids and cholesterol
- Stay at a healthy weight
- Get 150 minutes of moderate exercise weekly
- Avoid using tobacco or being around tobacco smoke
- Seek care if diet and exercise aren’t enough
- If you have high LDL cholesterol, treat it and make changes

Did you know that race and gender also can raise your chance of getting high cholesterol? Speak to your doctor to learn more. Ask about your risk factors and a screening plan that’s right for you.

Sources: Centers for Disease Control and Prevention, American Heart Association

Prevent Motion Sickness Before It Happens

Do you often feel dizzy or nauseated when you travel? If so, blame your sense of balance, which can become confused when you are in motion. To prevent symptoms when traveling, try an over-the-counter motion sickness medicine. Many studies have shown that ginger is effective. Here are more strategies:

- Help maintain your sense of balance by looking out the window. If you’re on a boat, sit on deck. This way, your eyes see the same motion that the rest of your body feels.
- When possible, avoid facing backward.
- Avoid reading during travel.
- Steer clear of strong odors.

Source: U.S. Food and Drug Administration

Creating a Healthy Diet with Nutrient-rich Foods

It’s important to eat nutritious foods for good health. But it isn’t always obvious which foods are best. To ensure you get all the vitamins, minerals and nutrients you need, eat a balanced diet. Try these 10 superfoods to get you started:

1. Chia seeds: High in omega-3s, fiber and protein
2. Strawberries: Loaded with vitamin C
3. Asparagus: Good source of vitamins A and C
4. Oatmeal: Contains keep-you-full fiber
5. Quinoa: High in protein
6. Salmon: Rich in omega-3 fatty acids
7. Dandelion greens: Packed with vitamin A
8. Pistachios: Provide antioxidants and heart-healthy fats
9. Curry: Powerful anti-inflammatory and antioxidant
10. Spinach: High in calcium, folate and iron

Source: Harvard Women’s Health Watch

Tips for Healthy Travel

Illness is not in anyone’s vacation plan. But traveling in good health requires some advance planning. Check into immunizations at least six weeks before going abroad. In addition, these tips may help you stay well on your next trip:

- When in doubt about the water, avoid ice and stick to bottled or canned beverages.
- If the food is questionable, stick to meals that are freshly cooked. Also, don’t eat fresh fruits and veggies unless you wash and peel them yourself.
- If you always take any prescription or over-the-counter meds, pack more than you think you will need. Also ask your doctor to give extra prescriptions in case you need refills. Be sure to carry all your medications with you in your purse or carry-on bag.
- Remember to bring extra prescriptions for your contacts or eyeglasses in case of damage. Or bring along a spare pair.
- Sunscreen, insect repellent and diarrhea medications are good to have when traveling.
- If you have a chronic medical condition, get a medic alert bracelet. Or carry a letter that explains your condition.

Sources: Journal of Public Health Medicine