



HealthNews



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Ultra Violet (UV) Safety

July is UV Safety Month. During the summer months, it is especially important to be mindful of the harmful effects of the sun's Ultraviolet (UV) rays. UV rays are responsible for the main cause of skin cancer, the most common type of cancer in the United States. UV damage also causes the skin to prematurely age. UV rays can also cause vision problems by penetrating the structure of your eyes causing damage to the cells.

Types of UV Rays

- Ultraviolet A (UVA) – Penetrates beyond the top layer of skin and is believed to increase a person's risk for skin cancer and is responsible for premature aging of the skin.
- Ultraviolet B (UVB) – Mainly affects the outer layers of the skin, causing sunburns, but also contributes to premature aging and some forms of skin cancer. These rays are strongest during the summer months.

Learn More...

For more information on [sunburn](#) or [skin cancer](#), log on to your Personal Health Dashboard™ (PHD).



Applying Sunscreen Properly

- Start with a broad spectrum sunscreen of SPF 15 or higher.
- Apply a thick base layer and spread evenly on all exposed skin.
- Apply to your face before applying makeup.
- Don't miss certain spots such as hairline, part line, ears, lips and tops of your feet.
- Let it sink in 15-20 minutes before going into the sun.
- Reapply every 90 minutes or after swimming, sweating or toweling off.
- Apply even on overcast or cloudy days.
- Be sure to check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf-life of no more than three years, but its shelf-life is shorter if it has been exposed to high temperatures.

Facts about Sunscreen

The chemicals in sun protection products interact with the skin to protect it from UV rays by absorbing, reflecting or scattering sunlight.

Broad spectrum sunscreens help protect against both UVA and UVB rays. Ones with an (SPF) value of 15 or more reduce the risk of skin cancer and early skin aging when used as directed with other sun protection measures.

No amount of SPF can filter out 100% of UV rays. Dermatologists recommend a minimum of SPF 30 and ideally, an SPF 50 or higher—especially if you're spending lots of time outdoors.

If you'll be swimming or sweating a lot, use water-resistant sunscreens. All sunscreens, even those labeled "water resistant," eventually wash off so you need to reapply every 40 minutes.



Protecting Your Eyes from UV Rays

UV rays also can damage your vision. According to the CDC, some of the more common sun-related vision problems include cataracts, macular degeneration, and pterygium (non-cancerous growth of the conjunctiva that can obstruct vision). Here are a few tips to protect your eyes:

Wear a wide-brimmed hat - Wearing a wide-brimmed hat keeps your face and eyes shaded from the sun at most angles.

Wear proper sunglasses - Effective sunglasses should block 100% of both UVA and UVB rays, and screen out 75-90% of visible light. You may need more than one pair of sunglasses depending on your activities.

- A wraparound shape to protect eyes from most angles.
- Polarized lenses reduce glare that bounces off snow or water,
- Polycarbonate lenses are more durable for eye-hazardous work or sports
- Single or double-gradient lenses are recommended for driving or participating in sports.

Do not mistake dark-tinted sunglasses as having more UV protection - The darkness of the lens does not indicate its ability to shield your eyes from UV rays. Many sunglasses with light-colored tints, such as green, amber, red, and gray can offer the same UV protection as very dark lenses.

Never stare at the sun! - Both the front of the eye can burn, as well as the retina. A sunburned retina can cause damage to the macula, causing macular degeneration – you lose central vision and see dark spots. This damage is not reversible, however, progression can be slowed with a proper diet and supplements. Your optometrist or ophthalmologist may prescribe medications.

Learn More...

For more information on [vision disorders](#) log on to your PHD or watch one of our videos about headaches in the [video library](#) under the tile titled **Hearing and Vision**.



Recipe by:
What Molly Made
[Recipe Link](#)

Red, White and Blue Yogurt Popsicles

Ingredients

- ½ lb. fresh strawberries hulled and quartered
- ½ lb fresh blueberries
- 2 cup vanilla Greek yogurt

Preparation

1. Fill 1 teaspoon of the bottom of each popsicle mold with yogurt. Drop 1 teaspoon of chopped strawberries on top. Add another teaspoon of yogurt then 3-4 blueberries, depending on their size. Repeat the process until all of the molds are full.
2. Freeze 4 hours or overnight.
3. Run popsicle molds under warm water to loosen before removing from molds.