



July 2019

PROTECT YOUR SKIN

It is probably one of the easiest ways to prevent millions of cases of cancer each year—sunscreen. However, most of us still forget to slather it on. In fact, a recent study showed that just 14% of American men and 30% of American women regularly put sunscreen on their faces and other exposed skin before heading outside for more than an hour.

Apply at least one ounce of sunscreen (enough to fill a shot glass) at least 15 to 30 minutes before going outside. Also, use a lip balm or lipstick that contains sunscreen with a sun protection factor (SPF) of at least 30. Choose a broad-spectrum sunscreen that protects against both UVA and UVB radiation. Make sure it is water resistant and has a SPF of 30 or higher. Other sunscreens may help keep you from being sunburned, but they will not protect against skin cancer.



SOCIAL WELLNESS MONTH

Social wellness means nurturing yourself and your relationships. It means giving and receiving social support - ensuring that you have friends and other people, including family, to turn to in times of need or crisis to give you a broader focus and positive self-image.

Social support enhances quality of life and provides a buffer against adverse life events. Social support can take different forms:

Emotional support refers to the actions people take to make someone else feel cared for.

Instrumental support refers to the physical, such as money and housekeeping.

Informational support means providing information to help someone.

Healthy relationships are a vital component of health. The health risks from being alone or isolated in one's life are comparable to the risks associated with cigarette smoking, blood pressure, and obesity.



WATCH THE HEAT

During our hot summers, it is important to remember that working and playing outdoors in the heat and humidity can lead to heat-related illnesses. Warning signs of heat stress vary, but may include: heavy sweating, paleness, muscle cramps, weakness, dizziness, nausea or vomiting, fainting, cool moist skin, fast or weak pulse rate, rapid shallow breathing, tiredness (may be the only sign from an infant). Seek help immediately if you or someone you know is experiencing severe signs of heat stress. Cool off and call 911 if the condition worsens or lasts longer than an hour.

Cover up. Wear lightweight, light-colored, and loose-fitting, but tightly woven clothes that block out light. Use sunscreen with a sun protection factor (SPF) of at least 30. Wear a wide brim hat (not a baseball cap) because it protects the neck, forehead, ears, eyes, nose, and scalp. Limit sun and heat exposure, especially during the hours of 10 am and 4 pm. Drink lots of water, approximately 1 cup (8 oz.) every 15 minutes. Avoid alcohol, caffeinated drinks, and heavy meals as they make you less tolerant to heat. Rest often in the shade or a cool or air-conditioned place.



ABOUT PREMIER EYE CARE

Introducing Premier Eye Care's Health and Wellness newsletter! Each month we will post one of these on our boards, to let you know about upcoming events in the area and our company concerning Health and Wellness.

Why is Health and Wellness so important to us? Wellness is more than just physical fitness and can affect multiple parts of your life: lower levels of stress, increased self-image, reduced healthcare costs, reduced absenteeism, increased morale and productivity, as well as improved physical fitness.

