



Keeping your health and well-being in the know

MyHealth TALK

July 2010

When you go in the sun, remember to:

SLIP

Into something comfortable...

Clothing acts as SPF 5. Loose, light-weight clothing can beat the heat and block the sun.

SLAP

On a hat and sunglasses...

A wide brimmed hat and sunglasses will protect your eyes, especially from the glare of the sun.

SLOP

Sunscreen generously and often...

Because it doesn't provide 100% protection, apply about two tablespoons of at least SPF 15 every few hours.

SLURP

Down drinks while outside...

Drink plenty of water to rehydrate. Limit sugary drinks and alcohol.

STEP

Into the shade when possible...

Prime time for the sun is between 10AM and 4PM. Keeping cool in the shade limits your exposure.



Sun Safety

WHAT RAYS ARE DAMAGING?

UVA

Ages skin cells, causes some damage to DNA and long-term skin damage.

UVB

Causes direct damage to DNA. UVB causes sunburn and skin cancer.

HOW SUNNY WILL IT BE TODAY?

UV Index

UV Index measures the amount of UV radiation reaching the earth's surface around the noon hour. Find it on your local weather channel or the internet before you plan your day. It will help you identify when the rays are most intense.

UV INDEX SCALE

Index Value	Risk	Min. to Burn
0-2	Minimal	60
3-4	Low	45
5-6	Moderate	30
7-9	High	15
10+	Very High	10

HOW DO I KNOW WHAT SPF TO USE?

Pick a sunscreen that protects against **UVA** and **UVB** rays. It should be at least SPF 15.

SPF = Sun Protection Factor

SPF describes how long a product will protect your skin if applied and reapplied properly. This varies for everyone, depending on how fast you burn. Use this formula:

$$\text{SPF \#} \times \text{Min. it takes you to burn} = \text{Min. until sunburn}$$

Let's say your skin begins to burn after 15 minutes out in the sun. And you've selected to wear 30 SPF. According to the formula:

$$\text{SPF } 30 \times 15 \text{ min} = 450 \text{ min (or 7.5 hours)}$$

While 7.5 hours is a lot of time, doctors recommend reapplying sunscreen at least every 2.5 hours regardless of how high the SPF, because it rubs off or you may sweat it off leaving you without protection.

WHAT MINIMUM SPF SHOULD I USE?

Skin Type*	1 hour	2 hours	3 hours	4 hours	5 hours
Very Fair / Extremely Sensitive	15	30	30	45	45
Fair / Sensitive	15	15	30	30	45
Fair	15	15	15	30	30
Medium	8	8	15	15	30
Dark	4	8	8	15	15

*If you are deciding between two skin types, go with the more sensitive one. For children, do not apply anything less than SPF 15, 30-45 minutes before going out in the sun.

Vegetable Gardening

By vegetablegardeningideas.com

Nothing is better than a red, ripe tomato. As many people know from first-hand experience, planting a vegetable garden in early spring reaps tremendous rewards as the summer goes on. If you don't have space for a garden plot, plant in containers.

Here are some great reasons to start your own garden:

Good Food: You will be very glad that you planted vegetables when you're picking and eating them July through September!

Save Money: A packet of seeds costs less than two dollars. Buying vegetables in the store, however, is expensive. You can grow more food for next to nothing.

Health: The food you will grow in your own garden will be far healthier and

packed with more nutrition than anything you could buy in the store.

Exercise: Several studies have shown that gardening for one hour can burn upwards of 400 calories. Try that out at the gym! Gardening involves walking, stretching, lifting and bending. Gardening can build muscle as well as give you a good cardio and aerobic workout.

Beauty: Vegetable gardens are a beautiful thing. A vegetable garden will add color, texture, smell and life to your yard or balcony.

Mental Health: There is nothing more relaxing than a beautiful and bountiful garden. The activity of working the garden can be immensely calming while the splendor you have created can lift the spirit.

Learn: While fun, gardening can also be quite challenging. Research how to keep your garden healthy. The Internet and garden centers offer tips, classes and seminars to keeping your garden at it's best.

grilled summer corn

Ingredients

Eight ears corn

2 tbsp canola oil

3 cloves garlic finely chopped (or use a tablespoon and a half of minced from the jar)

Chopped herbs to taste (basil, thyme, or any other herb)

8 tbsp butter

Sea salt and fresh ground pepper to taste

Directions

Soak corn in husk in cold water for 30 minutes.

Grill for 30 minutes in husk on medium heat turning every 5 minutes. Remove husk and roll around on grill for a little grilled look if desired.

Heat oil and brown the garlic on medium heat

Add the basil or thyme for four minutes. Add butter. Warm until just melted.

Cut corn off cob, add sea salt and pepper and mix in the garlic/butter mixture.

Serve warm or cold. Serves 8-10

grill safety

As summer heats up, there is no better way to celebrate summer than to barbecue outdoors. Just be sure to follow some simple safety tips for the grill. (Source: US Consumer Product Safety Commission)

Propane Grills:

- Check grill hoses for cracking, brittleness, holes and leaks. Make sure there are no sharp bends in hose or tubing. Also check tubes for any blockage from insects, spiders or food grease, use a pipe cleaner to clear blockage and push it through to the main part of the burner. If you detect a leak immediately turn off the gas and do not attempt to light the grill until the leak is fixed.
- Do not attempt to repair the tank valve or the appliance yourself. See an LP gas dealer or qualified appliance repair person.
- Never use a grill indoors. Use the grill at least 10 feet from your house or any building. Do not use the grill in a garage, breezeway, carport, porch, or under a surface that can catch fire.
- Never store a spare container under or near the grill or indoors. Never store or use flammable liquids like gasoline near the grill.
- Never keep a filled container in a hot car or trunk. Heat will cause the gas pressure to increase, which may open the relief valve and allow gas to escape.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.

Charcoal Grills

- If you use starter fluid to light the charcoal, use only charcoal lighter fluid. Never add any other flammable liquids to the fire.
- Keep charcoal fluid out the reach of children and away from heat sources.
- Never burn charcoal inside of homes, vehicles, tents or campers. Charcoal should never be used indoors even if ventilation is provided.

