

W999X Health Newsletter

June 2013

Sunburn

You lie out in the sun hoping to get a golden tan, but instead walk away from your lounge chair looking like a lobster that's been left in the pot too long.

Despite health warnings about sun damage, many of us still subject our skin to the sun's burning rays.

Here's what you need to know about how to keep your skin safe and where to find sunburn relief if you do linger on your lounge too long.

What Causes Sunburn

You already know the simple explanation behind sunburn. When your skin is exposed to the sun for a period of time eventually it burns, turning red and irritated.

Under the skin, things get a little more complicated. The sun gives off three wavelengths of ultraviolet light:

- UVA
- UVB
- UVC

UVC light doesn't reach the Earth's surface. The other two types of ultraviolet light not only reach your beach towel, but they penetrate your skin. Skin damage is caused by both UVA and UVB rays.

Sunburn is the most obvious sign that you've been sitting outside for too long. But sun damage isn't always visible. Under the surface,

ultraviolet light can alter your DNA, prematurely aging your skin. Over time, DNA damage can contribute to skin cancers, including deadly melanoma.

How soon sunburn begins depends on:

- Your skin type
- Sun's intensity
- How long you're exposed to the sun

A blonde-haired, blue-eyed woman sunbathing in Rio de Janeiro will redden far sooner than an olive-complexioned woman sitting out on a sunny day in New York City.

Signs of Sunburn

When you get sunburn, your skin turns red and hurts. If the burn is severe, you can develop swelling and sunburn blisters. You may even feel like you have the flu—feverish, with chills,

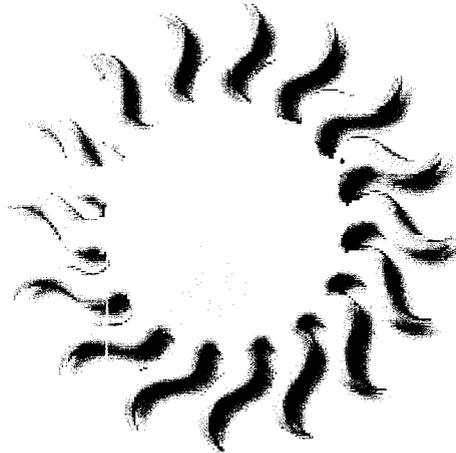
nausea, headache, and weakness.

A few days later, your skin will start peeling and itching as your body tries to rid itself of sun-damaged cells.

Sunburn Relief

Sunburn treatment is designed to attack the burn on two fronts—relieving reddened, inflamed skin while easing pain. Here are a few home remedies for sunburn:

- **Compresses.** Apply cold compresses to your skin or take a cool bath to soothe the burn.



- Creams or gels. To take the sting out of your sunburn, gently rub on a cream or gel containing ingredients such as:
 - Menthol
 - Camphor
 - Aloe
 - Refrigerating the cream first will make it feel even better on your sunburned skin.
- NSAIDS. Nonsteroidal anti-inflammatory drugs, like ibuprofen or naproxen, can relieve sunburn swelling and pain all over your body.
- Stay hydrated. Drink plenty of water and other fluids so that you don't become dehydrated.
- Avoid the sun. Until your sunburn heals, stay out of the sun.

Preventing Sunburn



Here are some tips for keeping your skin safe when you're outside:

- Watch the clock. The sun's rays are strongest between 10 a.m. and 4 p.m. If you can't stay indoors during that block of time, at least stick to shady spots.
- Wear the right clothes. When you have to be outdoors, wear sun-protective clothing, such as:
 - A broad rimmed hat
 - A long sleeved shirt and pants
 - UV blocking sunglasses
- Use sunscreen. Cover any exposed areas of skin liberally with at least 1 ounce of broad-spectrum sunscreen. That means sunscreen that protects against both UVA and UVB rays.

The sunscreen should have a sun protection factor (SPF) of at least 30. Follow these tips for applying sunscreen:

- Apply sunscreen about 30 minutes before you decide to go outside.

- Use sunscreen even on overcast days because UV rays can penetrate clouds.
- Reapply sunscreen every two hours – or more often if you're sweating heavily or swimming. (www.webmd.com)

Happy Birthday!!!!

- Clarence Landon June 1
- Allison Land June 3
- Freda Brown June 6
- Jen Brown June 10
- Frank Meawasige June 10
- Ruben Cantin Sr June 12
- Leslie Morrison June 13
- Walter Green June 14
- Jackie Brown June 15
- Karen Shabaquay June 18
- Melvina Pitchenese June 20
- Leslie Gardner June 21
- Amanda Munn June 26
- Roddy Brown June 27



Thanks!!!!

- Shiela and Crystal for organizing the Earth Day Event!
- Thanks you to all the volunteers who helped pick up garbage and helped with the cooking!

Recipe of the Month

BLT Potato Salad

What U Need!

- 2 lbs new red potatoes, quartered
- ½ cup water
- ¾ cup Miracle Whip Original
- ¼ chopped fresh chives
- 8 slices of bacon, cooked, crumbled
- 4 cups loosely packed coarsely chopped romaine lettuce
- 2 cups cherry tomatoes, halved

Make it!

- Place potatoes in 2.5 l microwavable casserole dish. Add water; cover with lid. Microwave on High 8-10 minutes or just until potatoes are tender; stir. Let

stand, covered, 5 minutes. Drain potatoes; rinse with cold water. Drain again.

- Mix Miracle Whip with chives in large bowl until blended.
- Add potatoes and remaining ingredients; toss to coat.

Weird But True Health Fact

We are about 1 cm taller in the morning than in the evening. The cartilage between our bones gets compressed by standing, sitting and other daily activities as the day goes on, making us just a little shorter at the end of the day than at the beginning.

www.yourdailydoseofhealth.com

Eco- Living Tip

Clean refrigerator gaskets and vacuum the condenser coils twice a year. Your refrigerator will operate more efficiently and use less electricity.

www.canadianliving.ca

FYI.....

- June 12 – Community Meeting @ gym 5 p.m.
- June 13 – Father's Day Poker @ band office
- June 19 – Waabhski Penasi School Grad
- June 21 – National Aboriginal Day

Quote of the Month

You open your body to trauma and disease by ignoring well known guidelines for healthy living and prevention.

- Deepak Chopra



June 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Walking Derby 4-5 pm	4 Bowling Jr (7-12) 4-8 pm	5 Walking Program 4-5 Regalia 7-10	6 Walking Program 4-5 Movie Night 6:30-8:30 pm	7 Healthy Living Food Boxes – Order placed	8
9	10 Walking Program 4-5	11 Bowling – Teens 13-17 4-8 pm	12 Walking Program 4-5 Nutritional Bingo 4-6 Regalia 7-10	13 Bowling Teens 13-17 4-8 pm Father's Day Poker 4-6	14	15
16	17 Walking Program 4-5	18 Bowling Jr (7-12) 4-8 pm	19 Grad Day! Elder's Supper 4-7 pm	20	21 NAD Health Living Food Box Delivery 1-3 pm	22
23	24 Walking Program 4-5 pm	25 Walking Program 4-5	26 Cooking For Life Classes 4-6 pm Regalia 7-10	27 Bowling Teens – 4-8 pm	28	29
30						