



Mission in Motion

Health & Wellness Newsletter
July 2014 – UV Safety

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The Importance of Using Sunscreen

Red Alert! If you regularly soak up the sun's rays without proper protection, you could be setting yourself up for serious damage to your skin. And we've all heard about the potential dangers of skin cancer.

If you're beyond the pale when it comes to using sunscreen keep these tips in mind:

- Always use a sunscreen with SPF 15 or higher
- Use at least one ounce to cover your arms, legs, neck and face
- Protect your lips by using sunscreen lip balm
- Avoid using sunscreen on babies younger than six months—use hats, clothing and shade for protection
- Consider cosmetics that contain sunscreen
- Choose broad spectrum products that guard against the sun's UVA and UVB rays

Getting sunburned or tanned on a regular basis could signal a red flag about your skin's health. Whenever you're in the sun, heed the warning and slather on some sunscreen to keep beauty—and your health—skin deep.

Source: American Cancer Society



Sun Safety Tips for Your Skin

Many people love the warm sun. The sun's rays make us feel good, and in the short term, make us look good. But our love affair isn't a two way street. Exposure to sun causes many of the wrinkles and age spots on our faces and is the number one cause of skin cancer.

In fact, sun exposure causes many of the skin changes that we think of as a normal part of aging. Over time, the sun's ultra-violet (UV) light damages the fibers in the skin called elastin. When these fibers break down, the skin begins to sag, stretch, and lose its ability to go back into place. The skin also bruises and tears more easily—taking longer to heal. So while sun damage to the skin may not be apparent when you're young, it will definitely show later in life.

How does the Sun Change the Skin?

Exposure to the sun causes:

- Pre-Cancerous (actinic keratosis) and cancerous (basal cell carcinoma, squamous cell carcinoma, and melanoma) skin lesions
- Benign tumors
- Fine and coarse wrinkles
- Freckles
- Discolored areas of the skin, called mottled pigmentation
- A yellow discoloration of the skin
- The dilation of small blood vessels under the skin

Source: WebMD

Sunburn

Sunburn — red, painful skin that feels hot to the touch — usually appears within a few hours after too much exposure to ultraviolet (UV) light from sunshine or artificial sources, such as sunlamps. Sunburn may take several days or longer to fade.

Intense, repeated sun exposure that results in sunburn increases your risk of other skin damage and certain diseases. These include dry or wrinkled skin, dark spots, rough spots, and skin cancers, such as melanoma.

You can prevent sunburn and related conditions by protecting your skin. This is especially important when you're outdoors, even on cool or cloudy days. If you are sunburned, you can try several home remedies and treatments to relieve pain and speed healing.

Sunburn signs and symptoms include:

- 🧴 Pinkness or redness
- 🧴 Skin that feels warm or hot to the touch
- 🧴 Pain, tenderness or itching
- 🧴 Swelling
- 🧴 Small fluid-filled blisters, which may break
- 🧴 Headache, fever, chills and fatigue if the sunburn is severe

Any exposed part of your body — including your earlobes, scalp and lips — can burn. Even covered areas can burn if, for example, your clothing has a loose weave that allows ultraviolet (UV) light through. Your eyes, which are extremely sensitive to the sun's UV light, also can burn. Sunburned eyes may feel painful or gritty.

Signs and symptoms of sunburn usually appear within a few hours after sun exposure. But it may take a day or longer to know the full extent of your sunburn.

Within a few days, your body may start to heal itself by "peeling" the top layer of damaged skin. After peeling, your skin may temporarily have an irregular color and pattern. A bad sunburn may take several days or longer to heal.

When to See a Doctor

See your doctor if the sunburn:

- 🧴 Is blistering and covers a large portion of your body
- 🧴 Is accompanied by a high fever, extreme pain, headache, confusion, nausea, or chills
- 🧴 Doesn't respond to at-home care within two days

Also seek medical care if you notice signs or symptoms of an infection. These include:

- 🧴 Increasing pain and tenderness
- 🧴 Increasing swelling
- 🧴 Yellow drainage (pus) from an open blister
- 🧴 Red streaks leading away from the open blister



Source: Mayo Clinic

Using sunscreen can help save your skin from harmful rays



It's The Ultimate Screen Saver

With all the sunscreen products available, it can be mind boggling to understand which one to choose. Consider these answers to your burning questions about sunscreen:

Q: Does the kind of sunscreen I use matter?

A: Whether lotion, gel or spray form, be sure to use one that blocks both UVA and UVB rays and offers at least Sun Protection Factor (SPF) 15.

Q: What does a sunscreen's SPF rating mean?

A: The SPF number indicates the product's effectiveness in offering protection from UV rays. Use higher SPF for more protection.

Q: Do sunscreens need to be reapplied during the course of a day?

A: Always follow the manufacturer's directions regarding reapplication, and still reapply frequently during peak sun hours or after swimming or sweating. For maximum effectiveness, apply sunscreen generously 20 to 30 minutes before going outside.

When used with other protective measures, sunscreen can shield your skin from sun-related damage and the dangers of skin cancer. It's a real lifesaver you'll want to keep on hand, and on your body. *Source: American Cancer Society*

How Can I Protect My Skin From the Sun?

Nothing can completely undo sun damage, although the skin can sometimes repair itself. So, it's never too late to begin protecting yourself from the sun. Follow these tips to help prevent sun-related skin problems:

- ☞ Apply sunscreen with a sun protection factor (SPF) of 30 or greater or at least 30 minutes before sun exposure and then at least every 2 hours thereafter, more if you are sweating or swimming.
- ☞ Select cosmetic products and contact lenses that offer UV protection
- ☞ Wear sunglasses with total UV protection
- ☞ Wear wide-brimmed hats, long sleeved shirts, and pants
- ☞ Avoid direct sun exposure as much as possible during peak UV radiation hours between 10 a.m. and 2 p.m.
- ☞ Perform skin self-exams regularly to become familiar with existing growths and to notice any changes or new growths
- ☞ Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child
- ☞ Avoid tanning beds



July Health & Wellness Seminar: UV Safety

Date: 07/24/2014 - Thursday

Time: 2:30 p.m.

Location: Council Chambers

Speaker: To be

Announced



Health & Wellness Seminars

****RAFFLE****

Each month we will be conducting a raffle. **Must be present to win.**

**If you have a subject or topic that you would like more information*

Summer Veggie Soup

Ingredients:

- 1 Tbsp. extra virgin olive oil
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 2 carrots, sliced into 1/4-inch pieces
- 32 oz. reduced-sodium chicken broth (vegetable broth may be substituted)
- 1 (15-oz.) can chickpeas, drained and rinsed
- 2 medium yellow squash, sliced into 1/4-inch pieces
- 1 medium zucchini, sliced into 1/4-inch pieces

- 2 medium potatoes, diced into 1/2-inch pieces
- 1 cup corn kernels, fresh or frozen
- Salt and freshly ground black pepper to taste
- 6 asparagus spears, cut into 1-inch pieces
- 2 plum or Roma tomatoes, coarsely chopped
- 1/4 cup fresh basil, finely chopped
- 1/4 cup of fresh chives, coarsely chopped

Directions:

1. In a soup pot, heat oil over medium heat. Add onion and garlic and sauté about 6- 8 minutes. Add carrots and cook until softened, about 5 minutes.
2. Stir in broth, chickpeas, squash, zucchini, potatoes, corn, salt and pepper. Bring to a boil. Reduce heat and simmer about 5 minutes. Stir in asparagus and cook 2 minutes or until squash and potatoes are tender, but not mushy. Then stir in tomatoes and cook 2 minutes.
3. Place in bowls. Garnish with basil and chives and serve

HEALTHY SWAPS <small>LEVO</small>	
Craving this?	Try this.
Citrus	Grapes
French Fries	Carrot sticks
Coffee	Herbal tea
Pasta	Spaghetti squash

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Mission In Motion
 Our mission is to promote health awareness and to encourage healthy lifestyles.