

## Don't Get Burned!

### Summer Sun Safety Tips.

Summer is here! Who doesn't want to be outside, sunbathing, swimming, playing catch on the beach or just barbequing in the backyard? While summer means fun in the sun, make sure you're not getting too much of a good thing. Avoid consequences of overexposure to the sun like sunburns, premature aging of the skin, wrinkling, and skin cancer, including melanoma, by practicing proper sun protection. The hours between 10 a.m. and 4 p.m. daylight savings time are the most hazardous for UV exposure. UV rays are the greatest during the late spring and early summer in North America.



#### Sunscreen

Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection. Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours and after you swim or do things that make you sweat. Check the sunscreen's expiration date.

#### Clothing

Wear clothing to protect exposed skin. Loose fitting long sleeved shirts and long pants made from tightly woven fabric offer the best protection from the sun's UV rays. A wet T-shirt offers much less UV protection than a dry one. Darker colors may offer more protection than lighter colors. If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

#### Hats

For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection. If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

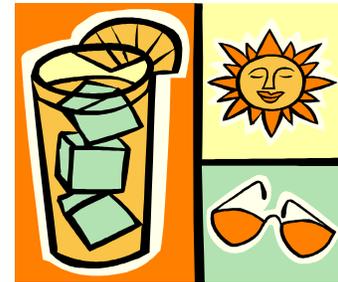
#### Sunglasses

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure. Wear sunglasses that wrap around and block as close to 100% of UVA and UVB rays as possible. Sunglasses that block both UVA and UVB rays offer the best protection.

#### Shade

Seek shade, especially during midday hours. You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

[http://www.cdc.gov/cancer/skin/basic\\_info/prevention.htm](http://www.cdc.gov/cancer/skin/basic_info/prevention.htm)



### In this Issue:

- Don't get burned. Summer Sun Safety Tips.
- Hurricane Preparedness.
- Migraine and Headache Awareness.
- Exercise at your Desk
- Healthy Eats Recipe
- What's in Season?
- Back Page Story Person of Change

**Did you know?** SPF needs a good 20 minutes to sink in before your skin is completely protected from UV rays.





# Hurricane Preparedness

Florida summer time is here and so is hurricane season. Start your preparation now - not only does it help your budget but also your stress level. Make copies of important documents (birth certificate, bank and insurance information) and take photos of your home for insurance purposes. Cut back trees and shrubbery and get rid of debris/excess. Check on your shutters / plywood, and make sure you have the tools you need. Related items such as screws and bolts can be placed in a plastic bag and taped to the shutters / plywood. As DOH employees we are subject to mandatory emergency duty so it is important for us to be prepared at home so that we can help others.

Start on your hurricane preparedness kit by taking advantage of special sales - the "two for one" deals - and store your extra purchases. Have supplies that will last you a minimum of 72 hours. Stock up on non-perishables like PB&J, soups, pasta, sauces, crackers, tuna fish, nuts, chocolate, water, ice tea and food for your pet. Paper plates, cups, trash bags, unscented bleach are important, and don't forget unscented candles and/or hurricane lamps. Flashlights, batteries, rope, tarp and duct tape come in handy, as well as a radio to stay informed. Prior to a hurricane approaching, fill containers (bath, pots and empty soda bottles) with clean water for cooking, washing up or flushing the toilet. Remember water safety around children.

The freezer is a great place to keep things fresh. Freeze gallon water bottles (pour off a little water to allow for expansion). This provides a dual purpose; it keeps the fridge/freezer cold longer and provides cold water to drink in a few days. Lower the temperature down on your fridge before the storm. Your refrigerator and freezer can stay cold for several days. Make it last by choosing a designated person go in and out of the fridge/freezer, having a mental picture of where things are stored, and then doing a quick in and out. Keep it closed. Always have food safety in mind. If power stays off for a while, transfer perishables to the freezer section with the frozen water bottles when the need arises. This is like intense camping; the show "Survivor" has nothing on us in hurricane land!

The outdoor grill is your friend; if it has a side burner you get bonus points. You can bake a pizza on it, heat water for coffee or tea, heat up soups and pasta. So, remember to fill the propane tank and a spare. If you don't have a gas grill, find a neighbor who does. Charge your cell phone and use it sparingly. Notify friends or family if you are working and where. Fill your car with gas, keep some cash on hand and check with your health insurer about how to have your medications filled. To help you keep your mind off of things, have puzzles on hand, or play charades, cards or Jenga, or read books, etc. Most importantly:

## **STAY CALM AND CARRY ON!**

For more helpful tips see:

<http://www.sun-sentinel.com/sfl-edge-hurricane-preparation-house,0,114315.html>page and

[http://www.fema.gov/media-library-data/1390846764394-dc08e309debe561d866b05ac84daf1ee/checklist\\_2014.pdf](http://www.fema.gov/media-library-data/1390846764394-dc08e309debe561d866b05ac84daf1ee/checklist_2014.pdf)



**“Remember; when disaster strikes, the time to prepare has passed”.** Steven Cyros



# Migraine and Headache Awareness

June first is the start of Migraine & Headache Awareness Month. Over 37 million people in the U.S. are diagnosed with migraines. Although 47% of the adult population experience headaches annually, these disorders are poorly recognized. There are many different types of headaches, they all share at least one thing in common - they cause pain.

Many headaches may also cause other unwanted symptoms, such as nausea and vomiting.

## It is important that you know your triggers!

- Stress.
- Weather-related triggers.
- Medical related triggers.
- Alcohol, particularly red wine.
- Certain foods, such as processed meats that contain nitrates.
- Changes in sleep or lack of sleep.
- Poor posture.
- Skipped meals.

## Here are some ways you may find relief for headaches:

- Apply an ice pack to the painful area of your head.
- Try placing it on your forehead, temples, or the back of your neck.
- Take a warm bath or shower; take a nap; or take a walk.
- Ask someone to rub your neck and back, or treat yourself to a massage.
- Apply gentle, steady rotating pressure to the painful area of your head with your index finger and/or thumb. Maintain pressure for seven to 15 seconds, then release. Repeat as needed.
- Rest, sit, or lie quietly in a low-lit room.
- Close your eyes and try to release the tension in your back, neck, and shoulders.

(<http://www.headaches.org/>) (<http://www.webmd.com/>) (<http://www.mayoclinic.org/>)



**Did you know?** Walking is low-risk and easy to start. It can help keep you fit and reduce your risk of serious diseases, like heart disease, stroke, diabetes and more. A regular walking program can also:

- Improve your cholesterol profile
- Lower blood pressure
- Increase your energy and stamina
- Boost “couch potato” bone strength
- Prevent weight gain

The best thing is the only thing you need is a pair of supportive shoes. Start small 5-10 minutes then add more time to your schedule as you become stronger.

**The victory is not always to the swift, but to those who keep moving!**

**Did you know?** You can strengthen your tummy muscles while sitting in a chair. Sit straight, tighten muscles for 30 seconds and release. Repeat.



**A positive lifestyle change is another step in making Florida the Healthiest State in the Nation.**

## EXERCISES YOU CAN DO AT YOUR DESK



### IT Band Stretch

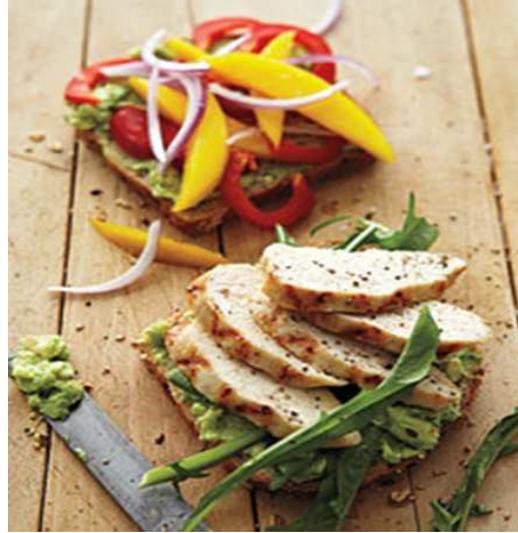
IT

**Target:** the Ilio-tibial (IT) band is a sheet of connective tissue that runs from your hip to your knee. Tight IT bands are a common cause of knee pain.

**Performance:** Sitting with legs crossed (right-angle to floor), touch your chest to your calf. Hold for 10-30 sec each leg.

**Tips:** Try to keep your lower back as flat as possible while doing

# HEALTHY EATS!



## Ingredients:

1/4 avocado  
Pinch of salt  
2 slices seeded multigrain bread  
3 ounces grilled boneless, skinless chicken breast  
1/4 mango, sliced  
1/4 small red onion, sliced  
1/4 red bell pepper, sliced  
Iceberg or Romaine lettuce

## Tropical Summer Sandwich

**Directions:** Nice and easy! Mash the avocado and season with salt, spread it your multigrain bread. Top with chicken, mango, onion, red bell pepper, and lettuce greens. Enjoy your nice Tropical Summer Sandwich with a tall glass of water.



## Helpful tips!

**Avocados:** A ripe, ready-to-eat avocado is slightly soft but should have no dark sunken spots.

**To Peel:** Use a stainless steel knife to cut the avocado in half lengthwise. Gently twist the two halves in opposite direction if you find the flesh clinging to the pit. Remove the pit, either with a spoon or by spearing with the tip of a knife. Just take your thumb and index finger to grip an edge of the avocado skin and peel it away from the flesh, in exactly the same way that you would peel a banana.

**Mangos:** The skins can be a mixture of greens, yellows, oranges and reds. For a lot of mango varieties, the rule applies: the greener the mango, the less ripe it is. As it ripens it turns shades of red and yellow, and gets softer. You want to find one that's firm, but still soft to the touch. It's similar to how an avocado feels.

**To Peel:** Mangoes have a big seed in the middle, so you have to cut around it. They're also super slippery when peeled, so you'll find it easiest to cut first, peel second. Start with a sharp paring knife at the top. Cut downward down one of the wide sides until you feel the seed. Just cut down the side, feeling the seed with your knife and cutting right around it.

## What's in season for June and July?

Avocado, Cantaloupe, Eggplant, Guava, Lychee, Mango, Mushroom, Orange, Papaya, Passion Fruit, Peanut, Potato, Sweet Corn, Tomato, Watermelon



# Choices, Choices!

Bonnie Majcher is our "Person of Change".

How many times did I say to myself, "just do it...make good choices...do you really need that... etc.?" I would walk past a mirror and wonder who that was looking back at me. It wasn't what I looked like in my head and I wasn't all that happy to be looking at what was there. As my body deteriorated, so did my health. I sought out my medical provider for help as I kept getting sick and taking longer to recuperate. In my case, the bad habits were easy to form and the weight, like a spider (which I might add I have a serious case of creeps about!) snuck up on me.

What my doctor told me was not anything that I expected. My system was so confused, it had forgotten how to process the food I was eating into anything useful. My thyroid was failing, my pancreas was "doing its own thing", none of my regulatory systems were working together anymore and I was heading down a very bad road. I looked at my family history and it is its own soap opera. Cancers, high blood pressure, diabetes, dementia, osteoporosis, you name it and someone in my family probably has it! Not a pretty picture at all. What was I to do, succumb to a life of misery and medication or find something that I could do to fix it? I chose the latter.

I spoke with a medical nutritionist who outlined the basics of how and what I needed to eat in order to "retrain" my body to use food appropriately. I was reminded that the human body needs WATER! I was instructed to take my body weight number and drink that many ounces of water a day...oh my goodness (I made many trips to the bathroom). I found that I could follow a Paleo style way of eating and discovered the best of both worlds. "Paleo" is a way of eating that focuses on foods that are non-processed, and closer to what would be found in nature.

By changing the way I look at food and focusing on avoiding processed, refined foods, I was able to lose a whopping 58 pounds...but like most things, change is difficult and I have fallen back into some of my old habits now gaining back about 20 of it over the last six months (that darn creeping spider). With the added weight and "bad foods" I am once again beginning to feel the negative reactions within my body. Before I have to go back to my doctor I have begun re-assessing my health goals and am once again on the path to better health. I am still "cheating" a bit, but I have done it before and will do it again. I have truly learned that our bodies are what we eat, and I CHOOSE to be healthy.

*Congratulations Bonnie to your commitment and thank you for reminding us to choose health and the importance to take a step back and reevaluate what we are doing to maintain that health. After all, we hold the power!*



Please consult your healthcare provider before starting on any diet or exercise program.

## Contact Us:

Jeanette Alonso  
954-467-4700 x 5711

Latonya Brown  
954-467-4700 x 5806

Nickey Lewin  
954-467-4700 x 4004

Kristin Halldorsdottir  
954-467-4700 x 3009

Solia Matthews  
954-467-7400 x 4010

DOH-Broward Employee Wellness

# The walking club is **on hold** until the weather cools down again.

Thank you!

