

Sun damage: the basics



Tanning and sunburns are two visible signs of sun damage. Many people think that they are not serious and are part of enjoying the summer. However, the damage accumulates

over time and results in photoaging or skin cancers. It is well known that fair-skinned individuals have less skin pigmentation and are at a higher risk of sun damage. However, even darker-skinned people are not exempt from developing skin cancers and should also protect their skin from the sun's harmful rays.

So the general rule is that everybody needs to use some form of sun protection! It is recommended that you use a broad-spectrum sunscreen - one that protects you from UVA and UVB radiation - and abide by the following guidelines:

- Avoid the sun between 11 a.m. and 4 p.m.
- Wear wide-brimmed hats, long-sleeved shirts, and long pants.
- Consider wearing sun-protective clothing. Unlike sunscreen, this form of sun protection does not wear off and is highly protective against UV radiation.
- Use sunscreens that have a sun protection factor (SPF) greater than 15 and that have UVA and UVB coverage. Apply sunscreen at least 15 to 30 minutes before going out and reapply every 2 to 3 hours.
- Avoid tanning beds.

SPF stands for sun protection factor.

The SPF of a product relates to the amount of time you can stay in the sun without your skin burning, compared to being in the sun without protection. If the product label says "SPF 15," this means that you can stay in the sun 15 times longer without burning than you would be able to without protection. SPF 30 and SPF 45 products block more than 96% of the sun's UV rays. Even though they block the harmful UV rays, they do wear off, so it is very important to reapply them frequently. Make sure you use the correct amount of sunscreen, too. An adult should use about 35 mL (about one ounce) of sunscreen to cover their entire body. Generally, a 250 mL bottle should last a family of four less than a week.

—MEDBROADCAST.COM

Shoes for Healthy Feet

The average person walks more than 115,000 miles in a lifetime.

Many common foot ailments are related to choice of shoes, especially in women. Of the 356 women involved in a 1993 survey by the American Orthopaedic Foot and Ankle Association (AOFAS), 80% had some kind of foot pain. That's no surprise when you consider that 88% of them were wearing shoes that were smaller than their feet! Footwear that is too tight, too loose, excessively airtight, or shaped in unnatural ways can cause or aggravate problems such as aching, athlete's foot, blisters, bunions, corns and calluses, hammertoes, and heel pain.

Buying Shoes

Remember to check shoes for air flow—do they have porous fabric or air holes so that your feet won't swelter inside? The toe should be more rounded than pointed, approximating the natural shape of the foot.

With one hand on the heel and the other on the toe, try to bend the shoe—does it give? If it doesn't flex, it's probably too stiff. Next place the shoe on the floor and push it forward—is there any resistance? Shoes with poor tread design or smooth bottoms can lead to slips and falls.

Although shoe construction certainly matters, fit is really the key element in keeping your feet healthy. If you're like 75% of the people in the AOFAS study and haven't had your feet measured in more than five years, its time. Your feet may well have increased in size, as commonly happens as people grow older. Be sure to shop for shoes at the end of the day, when your feet are 5% to 8 % larger than in the morning. Measure both feet, since they are often different sizes and always fit to the larger size. Allow 1/2" of room between your longest toe and the end of the shoe. Feel along the sides of the shoe while it's on your foot to check that the widest part of your foot corresponds with the widest part of the shoe. Take a test stroll across the store to verify that the shoe flexes when you walk, and that your heel doesn't slip in and out. Wear the hosiery or socks you expect to wear with the shoes.

The most important test of all is completely subjective: Are they comfortable? A particular pair of shoes may look great, but if they're going to leave you sore or limping, leave them in the store. Be kind to your feet—they've got to carry you a long way.—



Mind-Body Walking

Henry David Thoreau was aware of mind-body walking more than 100 years ago when he wrote, "I am alarmed when it happens that I have walked into the woods bodily, without getting there in spirit."

Mind-body workouts have experienced a surge of popularity. After all, everybody's in search of less stress. Gloria Keeling, president of Fitness Professionals International in Maui and a mind-body expert, offers this definition of a mind-body workout.

"It's exercise with an internal component," says Keeling. That could mean focusing on breathing while strength training or listening to the rhythm of water while swimming.

Walking just happens to provide one of the greatest vehicles for melding mind with body.

"We're wired to walk," says Carolyn Scott Kortge, author of the *Spirited Walker* and a master's level racewalker.

What is Mind-Body Walking?

Kortge describes mind-body walking as spirited walking.

"It's walking that's spirited in pace and thought," she says. "It's aerobic mindfulness."

In other words, it's something you're probably not used to doing.

If you're like most people, your mind never stops doing chores, even when you exercise. You know all too well how high you've loaded your plate, and so while you're exercising, you talk to yourself and thoughts clang in your head. Spirited walking means becoming aware of that talk and choosing to stop it."

What Mind-body Walking Can Do for You

- Improve your health.
- Reduce stress.
- Achieve your goals.
- Enhance personal growth.

Activities to Bring Mind and Body in Tune

To experience mind-body walking, try adding these activities to your walks:

Breathing. Focus on breathing into your belly so that you feel your stomach expand. Then establish a rhythm with your steps. Consider saying "in, two, three," as you inhale and "out, t w o , three" as you exhale

Visualizing. Think of a major goal that you're working toward. Walk as if you've accomplished these goals. In

your mind, congratulate yourself for having met your goal or tell yourself how wonderful it feels.

Repeating affirmations. To quell your self-talk, create a positive phrase and think of it as you walk. For example, you might recite "I am here, I am breathing" one syllable or word per step. When you do this you'll pull yourself into the present. You'll also start breathing more deeply which will boost your energy. Most importantly, you'll return home refreshed and invigorated.

—BELIEFNET/HEALTH AND HEALING

Welcome
Summer,
June 21st!



Eye Health Tips for Summer Fun in the Sun

Sunglasses aren't just accessories for the summer, they are necessary protection for your eyes, according to the National Consumers League.

Tips for purchasing sunglasses:

1. Check the label for 99 or 100 percent UV protection.
2. Look for sunglasses that are close-fitting. These will prevent UV rays from filtering in.
3. Look for larger lenses or wrap-around sunglasses to prevent light from entering in.
4. Don't be misguided by price — higher priced sunglasses usually reflect fashion or durability, not UV protection.
5. Dark-colored sunglasses don't necessarily provide better protection. A chemical coating applied to the lens is responsible for UV protection, not the lens color.
6. UV-absorbing contact lenses should not be used as substitutes for sunglasses.
7. Children are more prone to sun damage to the eyes because their lenses are clearer.

As a general rule of thumb, if you're in enough sun to cause a sunburn, you need protection for your eyes.

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