



# Summer Wellness

## Inside This Issue:

- Turning Up the Heat: How Sun-Smart Are You?
- Tips for Staying Cool When Exercising in the Summer Heat
- Don't Get Burned! How to Protect Your Body From Sun Damage
- Sunburn and Heat Stress: Help Your Kids Play It Safe
- Keep Summer Healthy: Shape Up Your Eating Habits

## Turning Up the Heat: How Sun-Smart Are You?

Test your knowledge of sun-related illnesses by taking this quiz.

**What's your sun IQ? Take our quiz to find out.**

True or false? (See answers on next page)

1. You do not need to use sunscreen if you will be staying in a shaded area.
2. You will get sunburned faster if you are in the water.
3. Disease-causing bacteria grow more rapidly on lukewarm food than cold – and can more readily result in food poisoning.
4. Sun exposure is considered the single greatest risk for developing skin cancer.
5. Skin cancer affects only light-skinned people.
6. The sun's strongest rays occur between 10 a.m. and 4 p.m.
7. If you are in good health and your doctor has not restricted how much fluid you should have, you should drink at least 16 to 32 ounces of water an hour to adequately replace fluids when working in a hot environment.
8. Certain over-the-counter and prescription medications can increase your sensitivity to the sun.

## Answers

1. You do not need to use sunscreen if you will be staying in a shaded area.

**FALSE:** Ultraviolet rays will still reach you. Also, there is strong evidence that more UV rays are filtering through because of the depletion of the earth's ozone layer.

2. You will get sunburned faster if you are in the water.

**TRUE:** Water reflects sunlight, so you will get added exposure to your head, shoulders and any other areas that remain uncovered while you are swimming.

3. Disease-causing bacteria grow more rapidly on lukewarm food than cold – and can more readily result in food poisoning.

**TRUE:** The bacteria that cause food poisoning thrive in temperatures between 40 degrees and 140 degrees. Prepared foods are safe in that zone for about two hours. The same foods are considered safe only for one hour if the temperature rises above 90 degrees.

4. Sun exposure is considered the single greatest risk for developing skin cancer.

**TRUE:** About one million Americans are diagnosed with skin cancer each year and the increasing trend is blamed on exposure to solar rays.

5. Skin cancer affects only light-skinned people.

**FALSE:** Although skin cancer is more common among light-skinned persons, it is not unheard of in people who have dark complexions.

6. The sun's strongest rays occur between 10 a.m. and 4 p.m.

**TRUE:** Stay inside and keep young children out of the sun as much as possible during these times.

7. If you are in good health and your doctor has not restricted how much fluid you should have, you should drink at least 16 to 32 ounces of water an hour to adequately replace fluids when working in a hot environment.

**TRUE:** Your body sweats to cool itself. The only way to replace those lost fluids is to drink more water.

8. Certain over-the-counter and prescription medications can make you more sensitive to the sun.

**TRUE:** Even short exposure to the sun can result in burning if combined with certain medications. These include some antibiotics, such as tetracycline; certain diuretics; and some non-steroidal anti-inflammatory drugs, such as ibuprofen, naproxen and ketoprofen.

## Tips for Staying Cool When Exercising in the Summer Heat



### Learn how to stay safe while exercising in the outdoor heat.

It's time to take your winter treadmill routine outdoors to the parks. The days are long and warm. The trails radiate heat. Summer is here and you're prepared to sweat! But before you lace up your running shoes, read these eight tips to keep your cool.

#### Safety tips

Heat-related illness is serious. But that doesn't mean you're doomed to a summer spent exercising in the air-conditioned gym. Learn these safety tips before you step out in the sun:

1. **Exercise in the early morning or late evening hours.** The temperature is the coolest at this time. Avoid exercising midday because it's the hottest part of the day.

2. **Drink up!** Do not wait until you are thirsty to start hydrating. Drink two to four glasses of water each hour. If you are exercising for an extended period of time, drink a sports beverage to replace the salt and minerals you lose through sweat. If you are on diuretics or a low-salt or fluid-restricted diet, talk to your doctor first about your specific fluid needs.



3. **Wear lightweight, loose-fitting clothing.** Consider dressing in clothes made with moisture-wicking fabric.
4. **Protect yourself from the sun.** Wear a hat, sunglasses and sunscreen with an SPF 15 or higher. Try to exercise in the shade. Play tennis on a court shaded by the trees or take a walk in a wooded park.
5. **Rest early and often.** Take breaks in shady areas.
6. **Gradually get used to the heat.** It takes seven to 10 days for your body to adapt to the change in temperature. Start by exercising for a short time, at a low intensity. Save long, hard workouts until after you're acclimated to the summer air.
7. **Mind the weather.** Do not exercise on the hottest days. Keep an eye on the heat index. The heat index is a calculation of the temperature and humidity. It measures "how hot it really feels" outside:
  - Heat index 80 to 90 degrees: fatigue during exercise is possible. Heat exhaustion is a possibility even at these temperatures.
  - Heat index of 90 to 105 degrees: heat cramps and heat exhaustion or heat stroke are possible.
  - Heat index of 105 or higher: heat exhaustion is likely and heat stroke is possible.

Be cautious when the heat index gets above 80 degrees. Consider working out indoors. Walk around a shopping mall or do a workout DVD in your air-conditioned home.

8. **Stop if you don't feel well.** If you have any of the warning signs of heat-related illness, stop your workout right away.

## How the heat hurts you

We each have our own personal air-conditioning system inside our bodies. When we get hot, we sweat. Perspiration is our body's way of cooling off. As sweat evaporates, our body releases heat. But when you get extremely hot, sweat doesn't evaporate. The body then has to work extra hard to keep its temperature down. In time, our body will be unable to rid itself of the excess heat. This leads to a high body temperature and heat-related illness.

## Recognize warning signs

The heat can take its toll on your body and make you sick. Heat-related illness can even be life-threatening. Learn how to spot signals of heat-related illness. They range from cramps to muscle spasms due to lost nutrients to more serious signs like dizziness or fainting.

**Heat exhaustion** is a warning sign that your body cannot keep itself cool. **Stop exercising right away.** Heat exhaustion is dangerous and may lead to heat stroke. Symptoms include:

- Weakness
- Dizziness
- Confusion or disorientation
- Headache
- Cramps
- Nausea or vomiting
- Dehydration

**Heat stroke** is life-threatening. **Stop exercising right away and call 9-1-1** for any of the following symptoms:

- Unusual behavior, hallucinations or confusion
- Fainting
- Seizures
- Fever of 104 degrees F or greater

Seek immediate medical attention if the person:

- Is vomiting and unable to keep fluids down
- Has dizziness or lightheadedness
- Looks very ill or is not getting better

Heat illness is more likely to occur in people who

- Are 65 or older
- Have chronic illnesses
- Are pregnant

Always check with your doctor before you take your exercise routine to the great outdoors.