Protect your skin, inside and outside!

Summer is heating up, and as you dive headlong into seasonal fun and frolicking, you want to be sure to protect your skin. According to new research, the two most common types of skin cancer are on the rise. The locations of these cancers has shifted, too. While they used to be found mainly on the head and neck, they’re now commonly found on the torso, arms, and legs. The upshot: It’s time to up your sun-protection game. Make wide-brimmed hats, sunglasses, and clothing made with SPF fabric part of your regular wardrobe, and brush up on sunscreen basics for exposed areas. Some research suggests that the majority of people use sunscreen incorrectly, so here’s a reminder: Look for a broad-spectrum sunscreen with SPF 30 or higher (we prefer micronized zinc oxide) and apply it early and often, even in overcast weather. If you’re outside and have a lot of skin exposed, you should apply about a shot-glass full every few hours. (Yes, really!) Pay extra attention to your lips, scalp, the tips of your ears, and the backs of your legs. These “hot spots” are easy to forget about, which makes them especially prone to sun damage. And keep in mind that sun protection may be an inside job, too. Some research suggests that eating a Mediterranean-style diet, with nutritious fats and plenty of vegetables and fruit, may help to lower your risk of the sun damage that can lead to cancer. Carotenoids, compounds found in brightly colored produce like bell peppers, squash, tomatoes, and kale, may be especially helpful. How convenient that what’s good for the heart, brain, waistline, and taste buds may also be good for the skin!
Avoid sun tanning and UV tanning beds. UV lights from tanning beds & the sun causes skin cancer & wrinkles.

Watch for the UV index. Pay attention to the UV Index when planning outdoor activities to prevent overexposure to the sun.

Seek Shade. The sun’s ultraviolet (UV) rays can damage your skin in as little as 15 minutes. Seek shade when the sun’s UV rays are most intense between 10 a.m. & 4 p.m. You can reduce your risk of skin damage & skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun.

Cover up! Wear protective clothing, such as a long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with 99-100% UVA/UVB protection, when possible. Long-sleeved shirts, pants and skirts can provide protection from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, & darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor. 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.

Sunglasses protect your eyes from UV rays and reduce the risk of cataracts later in life. They also protect the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

Sunblock, sunblock, sunblock!!! Use sunscreen with at least SPF 15 and UVA and UVB (broad spectrum) protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Don’t forget to protect ears, noses, lips, and the tops of feet. Take sunscreen with you to reapply during the day, at least every 2 hours, and especially after swimming or sweating. This applies to waterproof and water-resistant products as well. Follow the directions on the package for using a sunscreen product on babies less than 6 months old. All products do not have the same ingredients; if your or your child’s skin reacts badly to one product, try another one or call a doctor. Your baby’s best defense against sunburn is avoiding the sun or staying in the shade. Sunscreen is not meant to allow you to spend more time in the sun than you would otherwise. Try combining sunscreen with other options to prevent UV damage.

Not just sun... Water, snow and sand reflect the damaging rays of the sun, which can increase your chance of sunburn. Cool and cloudy? You still need protection. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them—and sometimes only slightly.

Do not burn! Overexposure to the sun is the most preventable risk factor for skin cancer. Sunburns significantly increase one’s lifetime risk of developing skin cancer, especially for children.
HEALTHCARE CONSUMER SMARTS

Taking an active role in your health is the best way to prevent disease, get great care, and reduce costs at the same time. A smart healthcare consumer doesn’t just ask the right questions of their doctor, but knows it’s also about prevention, self-care, and knowing where to find resources. By being a smart healthcare consumer you can make good decisions that will have a positive impact on your physical and financial health.

Food Smarts

Know your food - Packaged foods often contain lots of sugar, sodium and unhealthy types of fat. Large amounts of sugar lead to weight gain. Too much sodium can raise blood pressure. Trans fat and saturated fat, the types usually found in processed foods, clog arteries and lead to heart disease. Also, many foods that appear to be a single serving are actually two or more.

Safety Smarts

Use a food thermometer to make sure food cooked in the oven or on the stove top or grill reaches a temperature hot enough to kill germs.

Foods From A to Z – “X” Foods

**Xigua** – Vine fruit native to Africa. Known in the United States as Watermelon! It has a high water and antioxidant content and only 20 calories per 100 grams! Also a good source of magnesium, potassium and beta carotene.

**Ximenia** – is commonly known as tallow wood, yellow plum or sea lemon and is native throughout Africa. It has a pleasant plum like flavor. It is abundant in Vitamin C and is usually eaten fresh, made into jellies, jam, or syrup.

**Xinomavro grapes** – are the main red wine grapes from the area of Macedonia, Greece. 1 cup provides 5% of your daily fiber, 27% Vitamin C, 10% Copper and 28% Vitamin K.

**Xylocarp** – is not an individual fruit, but a botanical phrase for a plant that bears fruit with a woody shell on the exterior of the edible fruit. An example of a xylocarp is a coconut!
Recipe of the Month
Far East Cauliflower Bowls

4 cups cauliflower
3 cups Broccoli
1 Carrot
1 1/2 cup green beans
2 green onions
1/4 cup low-sodium soy sauce
1 tsp sesame oil
1 tbsp Sesame Seeds

Wash cauliflower & cut into small pieces. In batches, add cauliflower to food processor & pulse until cauliflower pieces are the size of rice. Remove from food processor & set aside. Wash & cut the broccoli into small pieces. Peel the carrot & cut into matchsticks or shred. Trim the ends off the beans. Cut the green onion into 1-inch pieces. Place the soy sauce & onion in a bowl and set aside. Heat a large sauté pan over medium-high heat. Add the oil. Add broccoli, carrots, and green beans. Sauté 1 minute. Add cauliflower. Sauté until just warmed through. Pour sauce on and toss to coat. Serve. Sprinkle with extra sesame seeds.

July Birthdays

July 8 – Maria Elizarraga
July 22 – Trinidad Jimenez
July 22 – Rosalinda Villarreal
July 30 – Olivia Castillo
July 31 – Gloria Pecina

Happy Birthday

Kimberly Wiser-Daggs, RD

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Katie Mendez, DN

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July

Cord Blood Awareness Month
www.parentsguidecordblood.org

Juvenile Arthritis Awareness Month
www.arthritis.org

National Cleft & Craniofacial Awareness & prevention Month
www.ameriface.org/nccapm.html

International Group B Strep Awareness Month
www.groupbstrepinternational.org

Run/Walk Events

NAV-X Challange
July 22 ~ Dinkey Creek
www.nayxchallange.com

SAR Wild Run
Aug 13 ~ Shaver Lake
http://www.sarwildrun.com/

China Peak Mud Run
Aug 19 ~ China Peak
http://www.skichinapeak.com/mud-run

Campus Life 5k
Aug 26 ~ Woodward Park
https://runsignup.com/Race/CA/Fresno/CampusLife5k

Wascally Wabbit Half Marathon
Sept 23 ~ Woodward Park
http://thewascally.com/

Shaver Lake Triathlon
Sept 30 ~ Shaver Lake
http://www.sierracascades.com