

Healthy Living Newsletter

July, 2007

Live, Take Charge, Change!

Volume 2, Number 07

Published by:
Corporate Campus Health &
Wellness Committee

Author: Chris Hunkler
Editor: Norma Brown

UV References

Centers for Disease Control and
Prevention (CDC)
www.cdc.gov/

Environmental Protection
Agency (EPA)
www.epa.gov/sunwise

Healthfinder
www.healthfinder.gov/

Summer Outdoor Safety

- Have kids wear helmets while biking, skate-boarding, and skating.
- Don't allow kids to jump on a trampoline without a net or spotters.
- Don't let kids drive or ride all-terrain vehicles. The potential rollover injuries can be deadly, even for adults.
- Try to use a mower with a control that stops the mower from moving forward if the handle is let go.
- Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- Make sure that sturdy shoes are worn while mowing.
- Have everyone who uses a mower wear hearing and eye protection.
- Do not pull the mower backward or mow in reverse unless absolutely necessary.

www.aap.org/family/tiplawn.org



Ultraviolet Rays

Ultraviolet (UV) rays are a part of sunlight that is an invisible form of radiation. There are three types of UV rays: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC).

- **UVA** is the most abundant source of solar radiation at the earth's surface and penetrates beyond the top layer of human skin.
- **UVB** rays are less abundant at the earth's surface than UVA because a significant portion of UVB rays are absorbed by the ozone layer. UVB rays penetrate less deeply into the skin than do UVA rays, but also can be damaging.
- **UVC** radiation is extremely hazardous to skin, but is completely absorbed by the ozone layer.
- **Remember:** UV rays reach you on cloudy and hazy days, as well as bright and sunny days. Rays will also reflect off ant surface like water, cement, sand and snow.

Sunburn

- Certain medications, including antibiotics and birth control pills, can increase the likelihood of sunburn.
- Being outside during the sun's peak hours – 10 a.m. to 4 p.m. – and being on reflective sand or water can increase one's risk of severe sunburn.

Sunscreen

- Regardless of the type of sunscreen you choose, be sure that you use one that blocks both UVA and UVB rays and that it offers at least SPF15.
- Recently developed sunscreens are more resistant to loss through sweating and getting wet than previous sunscreens, you should still reapply frequently, especially during peak sun hours or after swimming or sweating.
- Check the expiration date on sunscreen. Sunscreen without an expiration date has a shelf life of no more than three years. Exposure to extreme temperatures can shorten the expiration date or shelf life of sunscreen.

www.cdc.gov/ & www.healthfinder.gov/

Tanning

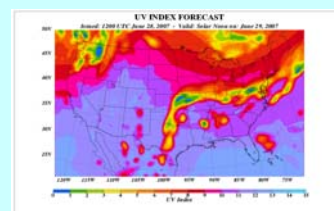
- People under the age of 18 should not use tanning beds.
- Wear protective goggles. Acute effects of UV radiation on the eye include:
 - Cataracts
 - Photoconjunctivitis: inflammation or infection of the transparent membrane that lines your eyelid and part of your eyeball.
 - Photokeratitis: UV flash burn of the cornea
 - Pterygium (a white-colored growth over the cornea)

www.achievementsolutions.net

Find the UV Index for Your City or Town

The Environmental Protection Agency's Sunwise Program aims to teach the public how to protect themselves from overexposure to the sun.

Go to <http://www.epa.gov/sunwise> to find the UV index in your city or town.



State of the Air References

US Environmental Protection Agency www.epa.gov/

Centers for Disease Control and Prevention www.cdc.gov/

AirNow airnow.gov/

National Oceanic & Atmospheric Administration www.noaa.gov/



Hand Washing 102

Washing with soap and water

1. Place your hands together under water (warm water if possible).
2. Rub your hands together for at least 20 seconds with soap. Wash all surfaces well, including wrists, palms, back of hands, fingers and under the fingernails.
3. Clean the dirt from under your fingernails.
4. Rinse the soap from your hands.
5. Dry your hands completely with a clean towel if possible. However, if towels are not available it is okay to air dry your hands.
6. Pat your skin rather than rubbing to avoid chapping and cracking.
7. If you use a disposable towel, throw it in the trash.
www.bt.cdc.gov/ & www.tufts.edu/

Migraine References

F.D.A. – Managing Migraines
www.fda.gov

N.I.N.D.S. – Migraine Information Page
www.ninds.nih.gov/

Medline Plus – Headache
www.nlm.nih.gov/

Mayo Clinic – Migraine
www.mayoclinic.com/



State of the Air: 2007

The quality of the air that every living body on the planet needs to survive is affected by many elements. The primary elements are smoke, auto emissions and hydrocarbons.

Hydrocarbons form when fossil fuels like gasoline are created in refineries, distributed in gas stations, and burned in motor vehicles and when coal is used in chemical plants, factories, and other sources.

Ozone

- Ozone occurs in two layers of the atmosphere. The layer closest to the Earth's surface is the troposphere. Here, ground-level or "bad" ozone is an air pollutant that is harmful to breathe and it damages crops, trees, and other vegetation. It is a main ingredient of urban smog. The troposphere generally extends to a level of about 6 to 30 miles and protects life on Earth from harmful UV rays.
- Ozone depletion can cause increased amounts of UV radiation to reach the Earth, which can cause more cases of skin cancer, cataracts, and impaired immune systems. Over exposure to UV is believed to be contributing to the increase in melanoma, the most fatal of all skin cancers.
- Some of the possible health problems resulting from prolonged ozone exposure:
 - shortness of breath
 - chest pain when inhaling deeply
 - wheezing and coughing
 - increased susceptibility to respiratory infections
 - inflammation of lungs and airways

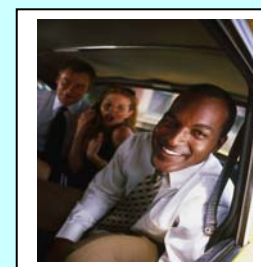


How to help during a smog alert:

- Never top off your gas tank.
- Don't fill up your gas tank until after 6 p.m.
- Mow the yard after 6 p.m.
- Do any painting after 6 p.m.
- Limit your car trips by doing all the errands on one trip.
- Carpool or walk to work whenever possible.
- Educate children and others about doing their part.
- Use mass transit, walk or car pool. www.epa.gov/ & www.lungusa.org/

Carpooling Tips

- **Decide who will drive and what time to meet.** Most carpools rotate driving responsibilities.
- **Choose a mutually convenient meeting place.** Either pick up your carpool partner at his or her home or meet at a central location like a park-and-ride lot.
- **Discuss personal preferences.** Decide ahead of time about smoking, radio stations, eating, drinking and any other personal preferences.
- **Check your insurance coverage.** Some companies offer rate reductions depending on how often you carpool.
- **Talk to your employer.** Some companies offer preferred parking and other programs for commuters who carpool. www.cleanaircampaign.com





Fireworks Safety

1. The best way to enjoy fireworks is to visit public fireworks displays put on by professionals who know how to safely handle fireworks.
2. If you plan to use fireworks, make sure they are legal in your area.
3. Be sure that other people are out of range before lighting fireworks.
4. Only light fireworks on a smooth, flat surface away from the house. Never light them indoors or nears dry grass.
5. Only persons over 12 years of age should handle sparklers of any type.
6. Never try to relight fireworks that have not fully functioned.
7. Keep a bucket of water in case of a malfunction or fire.

www.cpsc.gov/

Add a Tropical Twist to Your Menu

The summer season brings warm temperatures as well as tasty and fresh produce.

Mangoes are rich in beta-carotene, vitamins C and E and soluble fiber. Best from May to September.

Papayas are a good source of vitamin C, folate and fiber. May be enjoyed plain, in salsas, and as a base for smoothies.

Kiwis are high in fiber, an excellent source of vitamin C and lutein. They will ripen more in the refrigerator. Use kiwis to top desserts, in salads or peel and eat.

www.eatright.org



Summer Fire Safety

Every year, Americans look forward to summer vacations, camping, family reunions, picnics and Fourth of July. Summertime, however, also brings fires and injuries. Annually, more than 8,000 Americans are injured by fireworks and gas grills. More than half of these injuries occur during the first week in July.

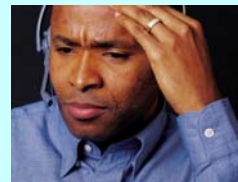
Before using a grill, check the connection between the propane tank and the fuel line. Make sure the vent tubes (where the air and gas mix) are not blocked. Do not overfill the propane tank.

1. Be careful when using lighter fluid. Do not add fluid to an already lit fire because the flame can flashback up into the container and explode.
2. Keep matches and lighters away from children. They are not toys.
3. Supervise children around outdoor grills.
4. Dispose of hot coals properly – douse them with plenty of water, and stir them to ensure that the fire is out.
5. Never grill or barbecue in enclosed areas – carbon monoxide could be produced.
6. Be aware of all local regulations on outdoor burning and obey them.
7. Never leave campfires unattended. Keep them small and don't let them get out of hand.

Make sure everyone knows to Stop, Drop, and Roll in case a piece of clothing does catch fire.

US Fire Administration – Summer Fire Safety

Oh, My Aching Head...



Migraine Headaches

A migraine headache is a severe pain felt on one and sometimes both sides of the head. The pain is mostly in the front around the temples or behind one eye or ear. Besides pain, you may have nausea, vomiting, and be very sensitive to light and sound.

- Migraines can occur any time of the day, though it often starts in the morning.
- The pain can last a few hours or up to one or two days.
- Migraines are three times more common in women than in men.
- Some individuals can predict the onset of a migraine because it is preceded by an “aura,” visual disturbances that appear as flashing lights, zig-zag lines or temporary loss of vision.
- People with migraines tend to have recurring attacks triggered by lack of food or sleep, exposure to light, anxiety or stress.
- Many people have a family history of migraines.
- Migraines often become less severe and frequent with age.
- Some foods and food additives, such as MSG or nitrates, can trigger an episode.

www.womenshealth.gov/ & *National Institute of Neurological Disorders and Stroke*

Water Lingo

Grocery stores and restaurants offer varieties of water that are difficult to keep up with. The FDA has developed definitions for each of these types of water:

Artesian water is a certain type of well water, collected without mechanical pumping. The well must tap a confined aquifer that has water standing much higher than the rock, gravel or sand.

Mineral water contains standard quantities of minerals that must be naturally present, not added.

Purified water has been processed to remove minerals and other solids.

Sparkling is water with a “fizz,” either with added carbon dioxide or naturally carbonated.

Spring water comes from an underground source and naturally flows to the surface. It must be collected at the spring or through a bored hole that taps an underground source of the spring.



Reduce Snoring

Snoring, in addition to being a nuisance, can significantly affect the emotional and physical health of snorers and those around them.

If you're a chronic snorer, try these suggestions:

- Loose weight
- Sleep on your side rather than on your back.
- Avoid alcohol before bed and stop smoking, as both can contribute to snoring
- Try a nasal breathing strip
- Ask your doctor or dentist about appliances that can help reduce snoring

www.healthfinder.com



Water Conservation

In the past and even today there are people who view the availability of clean and safe drinking water as an accepted right. With the constantly changing climate, pollution, increasing global population and other factors, every one must accept their responsibility to help conserve this very precious commodity.

The following are some tips to help you fulfill your part in this ongoing campaign:

- Make sure that your home is leak-free. When you are certain that no water is being used in your home, take a reading of the water meter. Wait 30 minutes and then take a second reading. If the meter reading changes, you have a leak.
- Repair dripping faucets by replacing washers. One drop every second wastes 2,700 gallons of water per year.
- Consider purchasing a low-volume toilet that uses less than half the water of older models. NOTE: In many areas, low-volume units are required by law. A leaky toilet can waste about 200 gallons of water every day.
- A full bath tub requires about 70 gallon of water, while taking a five-minute shower uses 10 to 25 gallons. Place a bucket in the shower to catch excess water for watering plants.
- Don't let the water run while brushing your teeth, washing your face or shaving.
- Operate automatic dishwashers only when they are fully loaded. Use the “light wash” feature if available to use less water.
- Don't over water your lawn. Lawns only need to be watered every five to seven days in the summer, and every 10 to 14 days in the winter. A heavy rain eliminates the need for watering for two weeks.
- Water in several short sessions rather than one long one in your lawn to better absorb moisture.
- Do not leave sprinklers or hoses unattended. A garden hose can pour out 600 gallons or more in only a few hours. Use a bell timer to remind yourself to turn sprinklers off.
- If you wash your own car, park on the grass so that you will be watering it at the same time.
- Plant it smart. Plant native and/or drought-tolerant grasses, ground covers, shrubs and trees. Once established, they do not need water as frequently and usually survive a dry period without watering. You can save 750 to 1,500 gallons a month.
- Don't water in the heat of the day.
- If you allow your children to play in the sprinklers, make sure it's only when you are watering the yard.
- Set lawn mower blades one notch higher. Longer grass means less evaporation. You can save 500 – 1,500 gallons each month.
- Use a broom instead of a hose to clean driveways and sidewalks. You can save 150 gallons or more each time you clean.



Try to do one thing every day that will result in saving water. Every drop counts!

www.redcross.org/ & E.P.A. - *Water Sense: Efficiency Made Easy*