



Toilet Talk



Summer myth exposed!

"Dark-skinned people don't need sunscreen." People with lighter skins have less melanin, the pigment that absorbs Ultra-violet (UV) radiation and protects skin, than darker-skinned people. While light-skinned people will be very sensitive to the effects of UV rays from the sun, those with darker skins can still be affected by damaging UV radiation. The American Academy of Dermatology recommends routine sunscreen use (with an SPF of at least 15) for dark-skinned people.

-MedicineNet

"It's Not Easy Being Green," Kermit the Frog? Well, being red hurts!

Pain and redness from a sunburn usually peaks after about 24 hours, followed by blisters, itching and peeling. Here are some simple home treatments for sunburn:

DEHYDRATION IS NOT VERY "COOL"

If your body senses low water it will tell the kidneys to conserve the water instead of excreting it (darker colored urine will result). Dehydration can also lead to constipation and bloating as well. Some other symptoms of dehydration include dry mouth and tongue, apathy, a lack of energy, and muscle cramping. If left untreated, dehydration can lead to heat exhaustion or heat stroke. These symptoms include fatigue, dizziness, nausea or vomiting, headache, rapid shallow breathing, high temperatures, rapid heart beat, and decreased alertness or complete loss of consciousness. **Heat stroke** is a life-threatening emergency and requires immediate medical attention. If you are around someone who is experiencing heat stroke, call for medical help and try to cool that person down. Move them into a shady area, remove their clothes and apply cool water to their body (such as spraying them with a water hose). Dehydration is 100 percent preventable. Here are some practical tips to prevent you from becoming dehydrated this summer:

- Drink plenty of fluids: on average it is recommended to consume at least 8- eight ounce glasses of fluid a day
- Sports drinks can encourage active people to drink more fluids because they are flavored and are higher in sodium
- Avoid caffeinated beverages and alcohol, both contain substances that will cause dehydration
- Avoid carbonated beverages because the carbonation may cause bloating or a feeling of fullness and prevent adequate consumption of fluids
- Wear light colored, absorbable, loose fitting clothes
- Stay in cool, shaded areas and protect your skin with sun block whenever possible.

-HealthLink

- ♦ Take a cool shower or bath as soon as you realize you have a sunburn. Don't wash with soap leaving your body's oils intact helps it to heal.
- ♦ Cover the sunburned area with 100% aloe vera gel.
- ♦ Apply cool, wet compresses to the area whenever you need relief from the heat. For extra relief, soak the compress in green tea.
- ♦ Take aspirin or ibuprofen several times a day to reduce pain and inflammation.
- ♦ Wear loose fitting clothing to avoid irritating the burn.
- ♦ Avoid "popping" any blisters. Apply antibacterial ointment on the blisters when they break on their own.
- ♦ Drink plenty of water and stay hydrated.
- ♦ Apply a gentle moisturizer to your skin. It will help return your skin to normal levels of moisture, but it won't help relieve the pain of your burn.

-eHow

