

TOILET TALK

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What you should know about Sunscreen

SPF stands for Sun Protection Factor with values ranging from 2 to 100. As the SPF value increases, the amount of UV blockage increases. The purpose of sunscreen is to block a majority of the harmful UV rays from reaching the skin. There are two types of UV rays, UVA and UVB. Both types can be harmful and cause skin cancer, but UVA is closely related to skin aging and UVB is related to sun burns. Typically, sunscreens with an SPF of 15 or higher are excellent at protecting against UVB rays. Application of sunscreen should be applied about 30 minutes prior to sun exposure. Also, reapplication of sunscreen should be about every two hours or immediately after swimming or excess sweating. For more info visit <http://www.skincancer.org>

Burn Care

With increased sun exposure in the summer months, sunburns can be much more prevalent. Burns are classified in three separate categories: first, second and third degree. First degree burns are those which only the outermost layer of skin is burned. It is generally associated with minimal pain and redness. Second degree burns are ones where the first and second layers of skin are burned. Blisters are most commonly present and severe pain and swelling. Treatment for these minor burns can be using cool water for 10 to 15 minutes and covering with sterile gauze. Third degree burns affect all layers of the skin and cause permanent tissue damage. Third degree burns are the most severe and require immediate medical attention. Do not apply ice, break blisters or apply ointments (or other home remedies) to burns immediately after incident so as to avoid further damage or infection of the affected area. For more information on burn care visit <http://www.mayoclinic.com/health/first-aid-burns/FA00022>

Mosquitos and ticks and bees!

Oh My!

Bugs! Bugs! Bugs! Many insects carry harmful diseases such as West Nile, Lyme disease and Malaria. Bee stings can cause allergic reactions which can be lethal. To avoid many of these unfortunate incidents follow the tips below!

- Wear bug repellent when spending time outdoors
- Wear long pants and sleeves when walking through tall grasses
- Avoid areas that typically house insects (tall grasses, humid environments surrounding bodies of water, areas with visible bee hives, etc)

“Luck is what happens when preparation meets opportunity.”

-Seneca

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QUESTIONS? COMMENTS? PLEASE E-MAIL

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