



# HEALTHY TODAY

www.communityhealthdayton.org

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## #SUNSAFESELFIE

Nearly 5 million people are treated for skin cancer each year in the United States. Skin cancer can be serious, and sometimes even deadly. When spending time outdoors, simple options can lower your chances of getting skin cancer and protect against signs of sun damage such as wrinkles and age spots.

- ⇒ **Sun Safety & UV Rays:** Spending time outside is a great way to be physically active, reduce stress, and get vitamin D. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun. Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells. Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow.
- ⇒ **Sunscreen:** Put on sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. Sunscreens are assigned a sun protection factor (SPF), which is a number that rates how well they block UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)



Sun-safe skin is always in! Use a combination of sun-safe strategies to protect yourself from sun damage today and lower your risk of skin cancer in the future.

Community Health Centers of Greater Dayton—Your Medical Home

Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day! To read more Healthy Today articles, please visit the archives on our website:

[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)

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## SUN SAFETY BEYOND SUNSCREEN

**Sunscreen isn't an all-protective force field. It is intended to be combined with other sun-safety approaches. Sunscreen works best when combined with other options:**

- ⇒ **SHADE:** You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Remember to still protect your skin with sunscreen or protective clothing when you're outside—even when you're in the shade.
- ⇒ **CLOTHING:** When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.
- ⇒ **HAT:** For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.
- ⇒ **REAPPLICATION:** Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

**Say YES to Sun Protection**  
**Say NO to Skin Cancer**

Skin cancer is the most common cancer in the U.S. One in five Americans will develop skin cancer in their lifetime, and nearly 20 Americans die from melanoma, the deadliest form of skin cancer, every day.

Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:

- Seeking shade
- Wearing sun-protective clothing
- Applying sunscreen to all skin not covered by clothing

There are two types of sunscreens:

Physical Sunscreen	Chemical Sunscreen
This sunscreen works like a shield; it sits on the surface of your skin, deflecting the sun's rays.	This sunscreen works as a sponge, absorbing the sun's rays.
Look for the active ingredients zinc oxide and/or titanium dioxide.	Look for one or more of the following active ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate.
Opt for this sunscreen if you have sensitive skin.	This formulation tends to be easier to rub into the skin without leaving a white residue.

## 5 S FOR SUN SAFETY

A good rule of thumb for skin cancer prevention is following the 5 S's: "Slip, Slop, Slap, Seek, Slide."

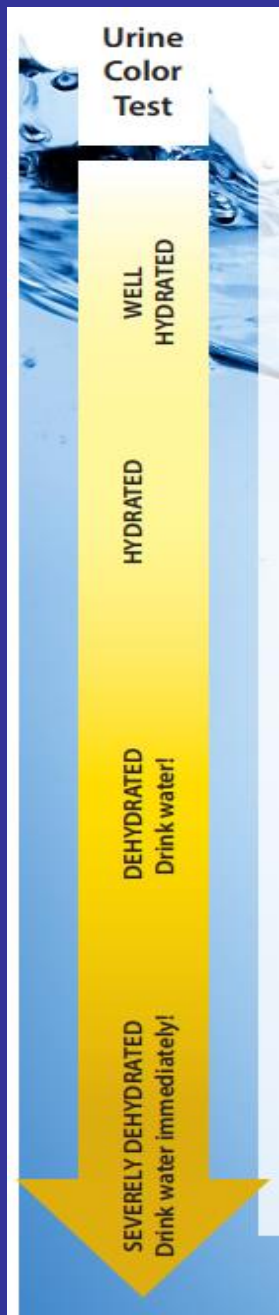


1. SLIP on a long-sleeved shirt or sun protective clothing
2. SLOP on broad-spectrum sunscreen of SPF 30 or greater, and re-apply every two hours
3. SLAP on a hat, the wider the brim the better
4. SEEK shade or shelter during peak sun exposure times, generally from 10 a.m. to 4 p.m.
5. SLIDE on UV-protective sunglasses to protect the eyes.

<https://www.nevadacancercoalition.org/blog/learn-5-ss-be-sun-smart-summer>

## HYDRATION COLOR KEY

Drinking enough fluids is one of the most important things you can do to prevent heat illness.



## HOW TO HYDRATE

Not many of us have the time or money to attend a spa weekend. But we can still find our inner peace one piece at a time. That's what a practice called habit stacking is about – building a healthier lifestyle by incrementally adding positive habits to your daily routine. If the COVID-19 pandemic has thrown you out of step, habit stacking might help you regain your rhythm with modest, stress-busting practices. and slowly breathe in the outside air. Here are some other ideas for stacking habits to relax and inspire you:

### HEAT STRESS Hydration

#### What to Drink

**Water**

Water will almost always maintain hydration during work in the heat, as long as you eat regular meals to replace salt lost in sweat.

#### What to Avoid

##### Energy Drinks

- Some energy drinks contain much more caffeine than standard servings of coffee, tea, or soft drinks.
- Drinking several energy drinks per day can raise your caffeine levels enough to affect your heart. High caffeine levels can be risky when added to the strain placed on your body by heat.
- Many energy drinks contain as much or more sugar as soft drinks, which adds hundreds of extra calories to your diet.

##### Alcohol

- Alcohol can cause dehydration.
- Drinking alcohol within 24 hours of working in the heat can increase the risk of heat illness.

#### What about salt tablets?

NIOSH does not recommend taking salt tablets. In most cases, salt can be replaced by eating normal meals and snacks throughout the day. Do not skip meals.

#### What about caffeine?

The amount of caffeine in tea, coffee, and soft drinks probably will not have an effect on overall hydration.

#### Do I need sports drinks?

In general, eating regular meals with adequate water intake is sufficient to maintain water and electrolyte balance.

For prolonged sweating lasting several hours, sports drinks with balanced electrolytes are another option to replace salt lost in sweat.

Heavy consumption of sports drinks will add unnecessary calories to your diet due to the added sugar.

# Delicious & Nutritious

## BREAKFAST LEMON-BLUEBERRY OATMEAL CAKES

A cross between muffins and baked oatmeal, these oatmeal cakes are perfect for an on-the-go breakfast or snack. You can also make a double batch and enjoy one batch during the week and store the other batch in the freezer to savor later.

3 cups old-fashioned rolled oats  
1 ¼ cups low-fat milk or nondairy milk  
½ cup unsweetened applesauce  
⅓ cup packed light brown sugar  
1 tablespoon grated lemon zest  
¼ cup lemon juice  
2 large eggs, lightly beaten (or 4 tsp powdered egg replacer mixed with 4 T water)  
1 teaspoon baking powder  
1 teaspoon vanilla extract  
½ teaspoon salt  
1 cup frozen blueberries



- ⇒ Preheat oven to 375°F. Coat a muffin tin with cooking spray.
- ⇒ Combine oats, milk, applesauce, brown sugar, lemon zest, lemon juice, eggs or egg replacer, baking powder, vanilla and salt in a large bowl. Fold in frozen blueberries.
- ⇒ Divide the mixture among the prepared muffin cups, about 1/3 cup each. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
- ⇒ Cool in the pan for 10 to 15 minutes, then turn out onto a wire rack. Serve warm or at room temperature.

<https://www.eatingwell.com/recipe/7964800/breakfast-lemon-blueberry-oatmeal-cakes/>

## Nutrition Facts

**Serving Size:** 1 muffin

**Per Serving:** 134 calories; protein 5g; carbohydrates 24g; dietary fiber 3g; sugars 10g; added sugar 6g; fat 3g; saturated fat 1g; mono fat 1g; poly fat 1g; cholesterol 32mg; vitamin a iu 104IU; vitamin c 3mg; vitamin d iu 19IU; folate 8mg; vitamin k 2mg; sodium 163mg; calcium 77mg; iron 1mg; magnesium 26mg; phosphorus 127mg; potassium 154mg; niacin equivalents 1mg; selenium 4mcg.

## Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

### Our Health Centers

**Appointment Line:**

**937-461-6869**

**Hours: Mon-Fri 7:30am-5:30pm**

### LOCATIONS

**ALEX CENTRAL HEALTH CENTER**  
5 S. Alexandersville Rd. Miamisburg, 45342  
937-247-0304

**CHAMBERSBURG HEALTH CENTER**  
6255 Chambersburg Rd. Huber Heights, 45424  
937-963-9505

**CHARLES DREW HEALTH CENTER**  
1323 W. Third St. Dayton, 45402  
937-461-4336

**CORWIN NIXON HEALTH CENTER**  
2351 Stanley Ave. Dayton, 45404  
937-228-0990

**EAST DAYTON HEALTH & DENTAL CENTER**  
2132 E. Third St. Dayton, 45403  
937-528-6850 - Health Center  
937-528-6830 - Dental Center

**PATTERSON PARK HEALTH CENTER**  
1074 Patterson Rd. Dayton, 45420  
937-258-6330

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