

# TO YOUR HEALTH

Carleton-Willard Out-Patient Clinic

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Volume 20 Number 7

July 2015



## SUMMER SAFETY TIPS

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Wow, it is definitely summer time! Hopefully you're enjoying some time outdoors with family and friends. Enjoy the sun but protect yourself from sunburn and heat. Here are some health tips to help you stay safe for the rest of the summer.

- ☀ Wear light-colored, loose-fitting clothes. Shirts, hats, shorts and pants shield your skin from the sun's UV rays, reducing risk by 27%.
- ☀ Apply sunscreen. Use SPF 15 or higher sunscreen whenever possible and remember to re-apply. Don't be fooled by ultra-high SPF sunscreens. The FDA has proposed prohibiting the sale of sunscreens with SPF values greater than 50+, calling higher SPF values "inherently misleading," but it has not issued a regulation that carries the force of law.
- ☀ Sunglasses are essential. Not just a fashion accessory, sunglasses protect your eyes from UV radiation.



- ☀ Drink water! The best way to avoid dehydration is to drink water. How can you tell if you're drinking enough? - check the color of your urine. If you use the bathroom every 3-4 hours and your urine is light yellow, you're well hydrated. If you go 6 hours without urinating or notice your urine is dark yellow/orange (or even brown), you are dehydrated.



- ☀ Avoid too many "dehydrating" fluids. Enjoy your iced coffee and alcohol responsibly. But know that caffeine and alcohol will actually dehydrate you by making you urinate out more than you take in. Try to balance caffeine or alcoholic drinks with glasses of water.
- ☀ After you park the car, everyone needs to get out, pets included. Even leaving a car window cracked open in the sun on 70° F days can still cause inside temperatures to rise above 120° F within just a few minutes.
- ☀ Plan around the sun. Go outdoors in the mornings or evenings when the sun is lower in the sky. Seek shade if you're outside during peak sun hours.





## WALKING

Many people start walking more during the summer months. It's important to take simple precautions to keep your body in balance. As the weather heats up, walkers are at risk of dehydration and heat exhaustion.

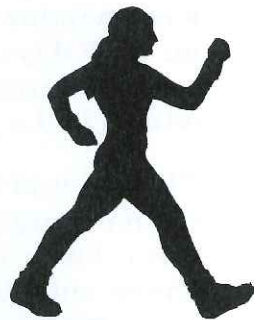
Walking is one of the easiest forms of exercise that takes no real athleticism, requires no fancy equipment, and can be done almost anywhere. Still, there are certain things to keep in mind when heading out for a walk.



It's important to have proper support when walking any real distance and on surfaces such as sidewalks or wooded paths. Many manufacturers make shoes designed specifically for walking.

A common mistake walkers make is not cross-training. With any repetitive movement there is a risk for imbalance. While walking is considered a lower impact form of exercise, walkers also need to work on core strengthening and stability as well as general overall conditioning. Posture is also important: keep your head lifted, your stomach pulled in, and your shoulders relaxed.

According to guidelines from the Centers for Disease Control and Prevention, adults need 2 hours and 30 minutes of moderate-intensity activity, such as brisk walking, every week, in addition to muscle-strengthening activities. There's no need to do all at once — the CDC says it's fine to do physical activity at a moderate or vigorous effort for at least 10 minutes at a time. The American Heart Association notes that it's important to begin with short distances and



gradually increase your time or distance each week by 10 to 20 percent by adding a few minutes or blocks.

Drinking plenty of water or other non-caffeinated fluids before, after, and even during long walks can help keep the body hydrated. Walking in the mornings or evenings or on shaded routes during the hotter parts of the day can help with cooling.

## Summer Morning by Rachel Field

I saw dawn creep across the sky,  
And all the gulls go flying by.  
I saw the sea put on its dress  
Of blue midsummer loveliness,  
And heard the trees begin to stir  
Green arms of pine and juniper.  
I heard the wind call out and say:  
'Get up, my dear, it is today!'

