

Health Insights

June 2022

Stay Safe in the Sun

Although basking in the sun is relaxing and fun, it can also be dangerous for your health. Skin cancer is prevalent - it's the most common form of cancer in the United States, with over 2 million people diagnosed annually.

Even more startling, sun exposure is the primary cause of over 90% of non-melanoma skin cancer cases reported in the United States. Keep reading for more information about risk factors for skin cancer and how to stay safe in the sun.

Skin Cancer

People are most susceptible to skin cancer when exposed to sudden, short bursts of sunlight in places where sun rays are exceptionally strong, such as locations near the equator or at very high altitudes. Some people possess characteristics that place them at a higher risk of developing skin cancer. These risks include:

- Having many moles on the body
- Having red or blonde hair, blue eyes, fair skin, or freckles
- Having trouble tanning or having skin that burns easily
- Having a family history of skin cancer
- Taking medication that increases sun sensitivity

Sun Safety Tips

Follow these tips to stay safe in the sun:

- Stay out of the sun between 11 A.M. and 3 P.M., when the sun is at its peak in the sky.
- Wear clothes made of tightly woven fabrics and a hat that shields your face, neck, and ears.
- Wear sunglasses to protect your retinas and prevent the development of cataracts.
- Use at least an SPF 15 sunscreen, and apply all over your body.
- Do not use tanning beds—they are just as damaging as natural sunlight.

Healthy Hints

Avoiding excessive sun exposure is ultimately the best way to protect your body from skin cancer. If you must be in the sun, wear sunscreen and routinely inspect your body for changes like new freckles or enlarged moles. If you suspect that a spot on your skin is new or has changed in appearance, consult a dermatologist immediately.

Mental Health Moment

Outdoor Safety

The most effective way to prevent mishaps is to adequately prepare for your trip. Knowledge of the area, weather, terrain, your body's limitations, plus a little common sense, can help ensure a safe and enjoyable trip. Below are some tips on how to have a safe summer:

- **Travel with a companion.** Avoid traveling alone in case of an emergency. Leave a copy of your itinerary with a responsible person.
- **Be aware of your footing while traveling near cliffs.** Trees and bushes can't always be trusted to support you. Stay on developed trails or dry rock areas with solid footing.
- **Wear appropriate clothing.** Dress appropriately for trail conditions and the season.
- **Check your equipment.** Keep your equipment in good working order and inspect your gear before your trip – don't wait until you are at the trailhead. Be sure to pack emergency signaling devices.
- **Be weather-wise.** Keep an eye on current and predicted weather conditions. Know the signs of approaching storms or changing forecasts. Avoid bare ridge tops, exposed places, lone trees, streams, and rocks during lightning storms.
- **Learn basic first aid.** Know how to identify and treat injuries and illnesses and carry a first aid kit with you. Learn how to identify the symptoms of heat exhaustion, heatstroke, hypothermia, and dehydration, and to treat them.
- **Think before you drink.** No matter how clean or pure stream water looks, it's likely to contain water-borne parasites and microorganisms that can cause discomfort and sometimes serious illness. Pack clean water or purify through chemical treatment.

For more tips on how to be safe this summer, check out ¹ [U.S Forest Service's website](https://www.fs.fed.us/recreation/safety/safety.shtml)

Weir, Kirsten. "Nurtured by Nature". American Psychological Association. <https://www.apa.org/monitor/2020/04/nurtured-nature>. Accessed 5 May 2022

¹ www.fs.fed.us/recreation/safety/safety.shtml

Nurtured by Nature

Our increasing reliance on technology, combined with a global trend toward urban living means many of us are spending less time outdoors –even as scientists compile evidence of the value of getting out into the natural world.

From a stroll through a city park to a day spent hiking in the wilderness, exposure to nature has been linked to a host of benefits, including improved attention, less stress, better mood, reduced risk of psychiatric disorders, and even upticks in empathy and cooperation. Nature comes in all shapes and sizes, and psychological research is still fine-tuning our understanding of its potential benefits.

Spending time in nature has cognitive benefits, but it also has emotional and existential benefits that go beyond just being able to solve arithmetic problems more quickly. Both correlational and experimental research has shown that interacting with nature has cognitive benefits. Researchers compared the outcomes of people who walked outside in either natural or urban settings with people who watched videos of similar outdoor scenes. They found that any exposure to nature—in person or video—led to improvements in attention, positive emotions, and the ability to reflect on a life problem; however, the effects were more pronounced among those who spent time outside.



Dole Whip Drink

Ingredients:

- 4 ounces pineapple juice
- 1 big scoop vanilla ice cream (about $\frac{3}{4}$ cup)
- 2 cups frozen pineapple chunks
- Splash of lemon juice
- Pinch of salt

Instructions:

Combine all ingredients in a blender (in the order listed); blend until smooth and ultra-creamy, pushing down the pineapple chunks, if necessary, about 3 minutes.

Calories: 261kcal, Carbohydrates: 53g, Protein: 3g, Fat: 6g, Saturated Fat: 3g, Cholesterol: 22mg, Sodium: 43mgk, Fiber: 3g, Sugar: 44g

"Dole Whip" Belly Full. 16 July 2020. <https://bellyfull.net/dole-whip-recipe/>

June Quiz

Stay Safe in the Sun

1. Which of the following is not a risk for skin cancer?
 - a. Having red or blonde hair, blue eyes, fair skin, or freckles
 - b. Having a family history of skin cancer
 - c. Wearing sunglasses when outside
2. Avoiding excessive _____ is ultimately the best way to protect your body from skin cancer.

Outdoor Safety

3. What is the best way to prevent mishaps when outdoors?
 - a. Adequately prepare for trips
 - b. Check the weather
 - c. Plan a last-minute trip
4. List two tips for being safe outdoors.

Mental Health Moment

5. Which of the following is a benefit of exposure to nature?
 - a. Improved attention
 - b. Increased heart health
 - c. Decreased empathy

See page 5 for quiz answers



Healthy Habits Calendar

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Happy June! Start Here Comes the Sun Bingo today	2	3 Fitness Friday: Enjoy a workout outdoors	4 Social Saturday: Visit a local farmers market
5	6 Motivation Monday: Make time to read	7	8 Workout Wednesday: Try a new form of cardio exercise	9 Challenge Check-in: Are you close to getting a bingo?	10	11 Service Saturday: Donate old clothes
12 Self-care Sunday: Do something that brings you joy	13	14 Flag Day Tasty Tuesday: Try this month's recipe	15	16 Thirsty Thursday: Replace one of your sugary drinks with water	17 Fun Friday: Enjoy a night out with friends	18
19 Father's Day Juneteenth	20 Meditation Monday: Spend 10 minutes mediating before bed	21	22 Wellness Wednesday: Say "no" to something that causes stress	23	24	25 Sunny Saturday: Enjoy the day outside! Remember to wear sun protection
26 Stretch Sunday: Enjoy a short yoga flow in the morning	27	28 Thoughtful Tuesday: Say 3 positive affirmations before bed	29	30 Challenge Check-in: Did you get a blackout?		



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June Challenge: Here Comes the Sun

Check the box every time you enjoy time in the sun!

Walk With a Friend	Work Out Outside	Nature Walk	Feed the Ducks	Picnic in a Park
Outside Sports	Apply Sunscreen	Visit a Farmer's Market	Bike Ride	Walk With a Friend
Yard Work: Plant Something New	Make a Bird Feeder		Yard Work: Plant Something You Can Eat	Watch the Sun Rise or Set
Bird Watching	Hike or Nature Walk	Picnic With Friends	Outside Sports	Run or Speed Walk
Visit a Farmer's Market	Neighborhood Clean Up	Fly a Kite	Apply Sunscreen	Yard Work

Answers to Quiz:

Q1: a. Wearing sunglasses when outside | Q2: Sun exposure | Q3: a. Adequately prepare for trips
 Q4: Potential Answers: Travel with a companion, Think about your footing while, traveling near cliffs, Wear appropriate clothing, check your equipment, be weather wise, Learn first aid basics, Think before you drink | Q5: Improved attention