

HEALTHY WOMAN TODAY – June 2008

We hope life finds you healthy, happy and surrounded by those you love.

Thank you for being part of the *Healthy Woman* program. We're your source for up-to-date, relevant and useful health and lifestyle information that can have an immediate and positive impact on you and your loved ones. Please be sure to look for this newsletter every month.

With nearly 50,000 *Healthy Woman* members (and growing!) across the United States (U.S.), you're part of a special, dynamic group of women wanting to make informed healthcare decisions for themselves and their loved ones. Our monthly programs can help. So grab a friend and join us for our next event!

Sun Safety Week is June 8th - 14th

You should always be aware of the dangers of too much sun, not only during the Summer, but throughout the entire year. Overexposure to the sun can result in skin cancer later in life. Here are the bare facts about getting too much sun:

- In some parts of the world, melanoma is increasing at rates faster than any other cancer.
- More than 1.2 million new cases of skin cancer are diagnosed each year in the U.S.
- Melanoma, the deadliest form of skin cancer, claims a life every hour!
- One blistering sunburn can double a child's lifetime risk of developing skin cancer.

During the Summer, it's natural to want to enjoy all kinds of outdoor activities. So the Sun Safety Alliance (SSA) encourages you to be safe by following these year-round sun-safety tips to help prevent serious skin damage—**and possibly skin cancer.**

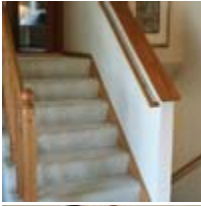
- Keep in mind the sun is strongest between 10 a.m. and 2 p.m.
- Sunscreens need to be applied liberally and evenly over all exposed areas.
- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad spectrum protection, look for products that provide an SPF of at least 15 and contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.
- For children, the Sun Safety Alliance recommends sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often especially after swimming, perspiring, and toweling off.
- Provide complete sunscreen coverage for your skin (including neck, ears and even your lips).
- For those who are bald or with thin or thinning hair, apply sunscreen to the scalp as well or wear a sun-blocking hat. Be aware, some straw hats let the sun's harmful rays through.
- And remember to stay in the shade whenever possible!

For more information, please check with your *Healthy Woman* coordinator, talk to your physician or go to www.sunsafetyalliance.org

Home Safety - Taking Steps to Prevent Falls

June is Home Safety Month and this year's Home Safety Council campaign theme – Hands on Home Safety – urges us to take simple, hands-on steps to create a safer home environment. The five leading causes of home injury are falls, poisonings, fires and burns, choking/suffocation and drowning. Now's the time to learn proper home safety practices.

Millions of Americans are only a step away from becoming victims of the leading cause of unintentional home injuries - falls.



- All stairs and steps should be protected with a secure banister or hand-rail.



- Make sure all porches, hallways and stairwells are well lit. Use the maximum safe wattage in light fixtures. (Maximum wattage is typically posted inside light fixtures.)



- Use nightlights to help light hallways and bathrooms during night-time hours.



- Keep stairs, steps, landings and all floors clear. Reduce clutter and safely tuck away telephone and electrical cords out of walkways.



- In homes with children, make sure toys and games are not left on steps or landings. When very young children are present, use safety gates at the tops and bottoms of stairs.



- Use a non-slip mat or install adhesive safety strips or decals in bathtubs and showers. If you use a bath mat on the floor, choose one that has a non-skid bottom.



- Install grab bars in bath and shower stalls. Don't use towel racks or wall-mounted soap dishes as grab bars. They can easily come loose, causing a fall.

- Install window guards to prevent young children from falling out of upper windows. (Select guards with emergency-release devices.)



- Keep the floor clean. Promptly clean up grease, water and other spills.



- If you use throw rugs in your home place them over a rug-liner or choose rugs with non-skid backs to reduce your chance of falling.



- Use a sturdy step stool with hand rails when climbing is necessary.



- Follow medication dosages closely. Using multiple medications and/or using medications incorrectly may cause dizziness, weakness and other side effects which can lead to a dangerous fall.

According to The State of Home Safety in America™ (2004) conducted by the Home Safety Council, falls are by far the leading cause of unintentional home injury death. Falls account for an average of 5.1 million injuries and nearly 6,000 deaths each year. The vast majority of fall deaths occur among people age 65 and older. The death rates associated with falls are higher for males.

In an effort to reduce injuries among people of all ages, the Home Safety Council encourages families to identify and correct potential falling hazards in and around the home.

See how you do on the Home Safety "Walk-Through." Take a walk through your home and identify and remedy any potential falling hazards. Here are some things to look for:

How did you do? For more information go to the Home Safety Council's new consumer website www.mysafehome.org It has a virtual home that you can walk through and identify home dangers.

FIBER FACT: Fill your bowl with a diabetes fighter - cereal. According to the *Archives of Internal Medicine*, the fiber you receive from cereal, bread and other grains may protect you against Type 2 diabetes. The insoluble fiber found in grains makes cells more sensitive to insulin, and this may help reduce the risk.

SOME MORE FOOD FOR THOUGHT: Not only does eating those luscious strawberries you see in the produce section taste great, but according to the *Proceeding of the National Academy of Sciences*, berries contain fisetin, an antioxidant that stimulates brain pathways responsible for long-term memory.

We hope you enjoy this issue of *Healthy Woman Today* and being a *Healthy Woman*. Please let us know what kind of programs you'd like to see, or which health topics are of interest to you. Our goal is to be a resource for you and to provide information that helps you and your loved ones live long, healthy, happy and productive lives!