



# MASSAD OLINDE

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## Summer Safety

### Tip: Eat to Beat the Heat

Heading out in the summer swelter? Make sure to carry nutritious snacks and beverages to keep energy levels high and boost hydration. For energy, take along nuts, seeds, dried fruit, trail mix or roasted, crunchy chickpeas. To stay hydrated, always keep a water bottle filled, and snack on water rich cucumbers, celery, watermelon, grapes and cantaloupe.



**Note:** Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit [coronavirus.gov](https://coronavirus.gov).



## Stay Sun Safe

No tan is healthy.

By Eric Endlich, PhD

**Hopefully, you use sunscreen to protect your skin.** Nearly 5 million Americans are treated for skin cancer every year. When used correctly, sunscreen can help prevent skin cancer and protect your complexion.

**In the U.S. only a small percentage of men and women use sunscreen regularly** when outside for more than an hour. And many people who do use it aren't using it right.

**Last year, the CDC reported that sunscreen users often get burned,** likely because they apply too little sunscreen to protect against skin cancer — or apply or reapply it too late during sun exposure.

**The best defense is to use a lot of sunscreen.** Follow the CDC guidelines:

- 1 Use an ounce (a full shot glass) of sunscreen to cover your entire exposed body, including neck, ears, top of feet and head. (Check expiration dates before using.)
- 2 Choose sunscreen labeled **broad spectrum** and **water resistant** with a sun protection factor (SPF) of at least 30. This protects you from UV rays 30 times longer than without sunscreen.
- 3 Choose 30 to 50 SPF for fair or sensitive complexions.
- 4 Apply sunscreen at least 15 minutes before you go outside. Reapply it at least every 2 hours: more often when sweating or in or around water.
- 5 Wear a hat, choose shade and schedule activities to avoid times when the sun is most intense (10 a.m. to 4 p.m.).
- 6 Wear sunscreen year-round and even when it's cloudy.

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



# Hydration Nation

## Can you answer this?

The amount of time you survive without water is:

- a. 24 hours.
- b. 72 hours.
- c. 30 days.

The answer is **b** — You can survive for weeks without food but you need to drink water daily to prevent dehydration and regulate your body temperature.



## Water also helps:

1. Maintain proper blood pressure.
2. Flush out bodily waste and impurities.
3. Prevent kidney stones from forming.
4. Reduce fatigue.
5. Reduce gallbladder attacks if you have gallstones.

## How much water do you need?

It depends on your health, how active you are and the climate you're in. According to the Harvard Medical School, healthy people need to drink four to six cups a day. If you're sweating heavily, drink another two to three cups of water per hour. Note: All beverages containing water as well as fruits and vegetables contribute to your daily water intake.

## Signs that your body needs more water:

- Thirst
- Excessive perspiration
- Fatigue
- Bloating
- Dark yellow urine

**Don't wait for the signs.** You may need water before you feel it.

**If you don't drink enough water,** you could be shortchanging your health. Many people find several glasses a day hard to swallow, especially if it increases urination.



## Try these suggestions to get more water:

- Sip small amounts (a half-cup an hour) throughout the day may be easier on your bladder until it adjusts to larger volumes.
- Have a designated container, such as a favorite 12-ounce glass or 20-ounce water bottle, to help create a drinking habit.
- Adjust the temperature of your water if it makes it go down easier.
- Drink a major portion of water after getting up each day, when your body tends to be dehydrated.
- For every drink containing caffeine or alcohol (which are dehydrating), drink double that much more water per day.
- Produce is a good source of water — enjoy at least 2 cups of fruit and 2½ cups of vegetables daily.

**Note:** If you take diuretics or have kidney disease or swelling, check with your health care provider before increasing water consumption.



## Here Comes the Sun

**A small amount of the sun's UV radiation can help our bodies produce vitamin D, an essential nutrient and potential cancer fighter.** But sun exposure that tans or burns can cause permanent damage to your skin. In fact, you can blame most of your aging skin on the sun, not your years.

**Chances are you can already see the signs on your face and neck,** such as a dry, blotchy texture, especially if you did a lot of sunbathing before age 20. **Best solution:** Stop soaking up the sun and allow your skin to repair some of the damage on its own. Fine wrinkles, rough patches and other weathered signs can become less noticeable — but more tanning and burning will enhance them.

**Face the facts.** In addition to causing premature skin damage, sun exposure is linked to about 90% of skin cancers. Any discoloration on your skin, including tanning, increases your risk. But UV exposure raises that risk even without obvious sun damage.

## Q: Heat Illness Remedies?

**A:** In hot weather profuse sweating and inadequate water and salt intake can lead to heat-related illnesses. Mild heat cramps can progress to heat exhaustion or even life-threatening heatstroke. The signs of heat exhaustion include nausea, dizziness, rapid heartbeat, low blood pressure and cool, moist skin.

**For mild heat exhaustion, these home remedies may help:**

- Move into a cool place out of direct sunlight.
- Lie down and elevate the feet and legs.
- Remove unnecessary clothing.
- Drink cool beverages without caffeine or alcohol.
- Cool down with cool compresses, sponge baths or a fan.
- Apply ice packs to the groin, neck and armpits, but do not bathe in ice water.

**Call 9-1-1** if the condition worsens, or fainting, confusion, seizures or a fever of 104°F or higher occurs. These symptoms may signify **heatstroke** — a medical emergency.

