

JULY NEWS 2021

Empowering you with information for
your emotional and physical wellbeing

UV Safety Month

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More than 90% of skin cancers are associated with ultraviolet (UV) radiation from the sun.

More people are diagnosed with skin cancer each year in the U.S. than all other cancers combined. 1 in 5 Americans will get skin cancer during their lifetime, and it's the second-most diagnosed form of cancer in 15 to 29-year-olds. When detected early, skin cancer has a 98% survival rate.



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UV Safety Awareness



People of all skin colors are at risk of harmful effects from UV radiation.

Be especially careful if you have blond or red hair, blue or green eyes, or pale skin that burns or freckles easily.



UV rays can penetrate clouds.

You can get burned on a cool or cloudy day. Look for the UV index on your weather app or weather broadcast and protect yourself.



Medications can increase sun sensitivity.

Some include birth control pills, antibiotics, antihistamines, nonsteroidal anti-inflammatory drugs, and several others. Check with your doctor or pharmacist.



More people get skin cancer from indoor tanning than lung cancer from smoking.

Indoor tanning devices can emit UV rays that are 10 to 15 times higher than the sun at its peak intensity.



Your risk for skin cancer doubles if you have more than 5 sunburns.

Daily use of an SPF 15 or higher sunscreen reduces the risk of developing skin cancer by 50%.



Protect yourself with clothing and sunglasses.

Labeled UV Protective clothing, darker colors, and tightly woven fabrics provide great protection. Wear a brimmed hat and 100% UVA/UVB sunglasses.

UV Safety Tips

HELP FOR HEAT HEADACHE

Sun-induced headaches can be a sign of heat exhaustion or dehydration. Drink water and seek shade.

AN OUNCE OF PREVENTION

Apply 1 ounce sunscreen (enough to fill a shot glass) to thoroughly cover all skin without clothing.

FORGET ME NOT

Apply sunscreen to forgotten areas like top of feet, your neck, your ears and the top of your head.

KIDDIE CORNER

Sunscreen is OK to use on children older than 6 months. Dress in protective clothing, a brimmed hat and sunglasses.

ON THE ROAD AGAIN

Use sunscreen on long road trips –rear and side windows of cars do not protect against skin cancer causing UVA rays.

MADE IN THE SHADE

Seek shade between 10 a.m. and 4 p.m. Bring an umbrella or portable tent to create your own shady spot.

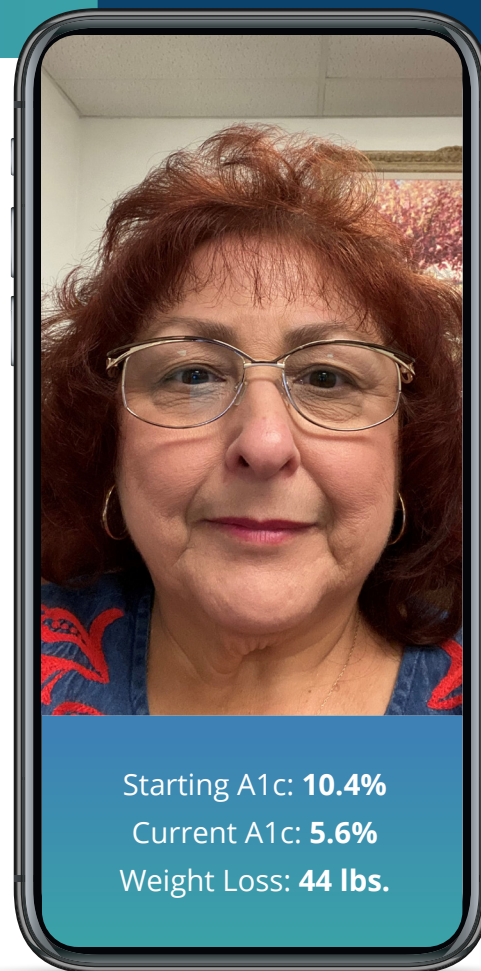
Success story: Becky St. John, Age 66

People with diabetes need to take extra care to protect their feet and eyes from the sun.

Because Becky had diabetes, high blood pressure and out-of-range labs, she worked with Nurse Health Advocate, Maribel. When Becky was first told she had diabetes she was in denial and couldn't believe it. She was really scared, but then Maribel explained her lab results and formulated strategies for Becky's next steps on her health journey. Maribel gave Becky helpful tips and she was able to start eating smarter to help manage her conditions.

We asked Becky about her about the best part of the program. Here's what she said:

// Maribel taught me about what lab values like A1C and blood glucose numbers meant. She was understanding and extremely helpful reviewing a healthy diet for diabetes control. She provided me with accountability. I loved hearing her stories and advice!



Health Information:

- » Identified for out-of-range labs
- » Diabetes
- » Hypertension
- » BMI greater than 30



Alcohol Awareness Month

Effects of alcohol on mental and physical health

July Is Alcohol Awareness Month. There is no other substance, legal or illegal, that is more widely used, misused, and abused by adults and youth in the U.S. than alcohol. Alcohol can cause irreversible harm if you drink in excess. Alcohol has many widely known short and long-term effects. In the short term, after changes in mood have passed, one may experience a hangover.

- In the U.S. 1 in 6 adults (38 million) have an alcohol abuse disorder. -

Hangovers often include feelings of dehydration, a sense of mental foggiess, headache and nausea. In the long term, heavy alcohol use can lead to serious organ damage and memory problems. Alcohol abuse is drinking in a manner that causes problems in a person's life. Some examples include neglecting responsibilities at work or home, continuing to drink even though it's causing relationship problems, or experiencing legal problems (like getting a driving under the influence charge) because of drinking.

Consider the questions below. If you answer yes to some of them then you're likely drinking too much:

- » Is your personality different when you drink?
- » Do you drink to escape problems or gain courage?
- » Has drinking caused you to miss appointments or work?
- » Is it hard to stop after two drinks and you always end up drunk?
- » Have you tried and failed to drink less or not at all?
- » Do you have trouble remembering things after drinking?
- » Do you regret things you did while drinking?
- » Have friends and family expressed concern about your drinking?
- » Has your work and personal life suffered because of drinking?

Ask friends and family for help and support. People who care about you will be glad to support your efforts to reduce your drinking. If you need help, contact your employer's employee assistance program and/or primary care doctor.



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Don't miss our July webinar



This Month's Featured Webinar

Tools for Managing Stress and Building a Healthy Mindset

July 14th 2021 from noon to 1pm PST

Everyone is stressed. The responsibilities of modern living can be overwhelming. Our mindset has a huge influence on our stress levels and on many areas of life, including physical and emotional wellbeing, relationships, and personal and professional success. In this seminar, you will learn techniques to manage and relieve stress and come away with strategies for making simple shifts in thinking that allow us to deal with challenging events more effectively and experience a greater sense of contentment.

Register using the link below

<https://www.ibhsolutions.com/july-webinar-2021/>

This Month's Featured Blog & Podcast

Know the ABCs of Skin Cancer to Help Find Cancer Early

Read Now:

<https://www.hmchealthworks.com/july-blog-2021>

Identifying Purpose for Improved Well-Being

Dan Deeble discusses purpose as a resource for improving emotional and physical well-being.

Listen Now:

<https://www.hmchealthworks.com/july-podcast-2021>