

## Health Spotlight – Summer Sun Care

Now that summer's here, it's important to take precautions against the damaging effects of the sun's ultraviolet rays.

UV rays are what make your skin tan. However, they also cause sunburn, photosensitivity, premature aging, eye damage, hyperplasia and cancer.

**By taking a few simple steps, you can still take in your favorite summer activities**

- 1. Plan your sun time.** You're most at-risk at mid-day. Seek shade between 10AM and 3PM. Also, check Environment Canada's daily UV Index.
- 2. Beware of reflected and high-altitude UV.** A white sundeck, a day at the beach or at sea, or an alpine hike all increase your risk of sunburn.
- 3. Start young.** Much skin damage is the result of sun over-exposure before the age of 18.
- 4. Use sunscreens.** Apply the right amount at the right time.

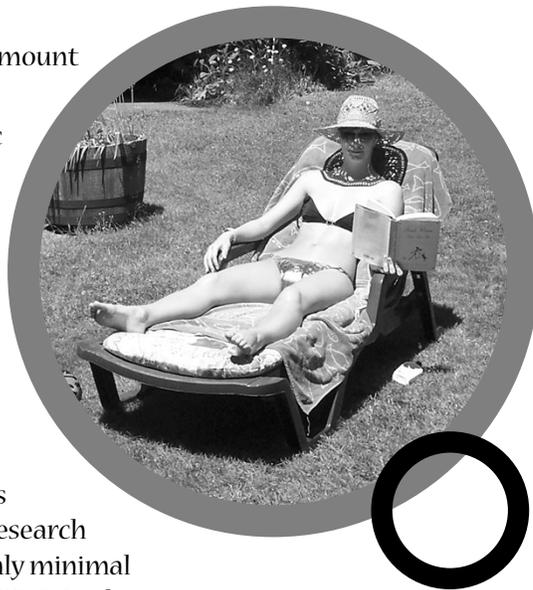
- Physical sunscreens, such as zinc oxide and titanium dioxide, form a barrier on your skin. Non-sheer clothing is also a physical sun block.

- Chemical sunscreens absorb certain UV radiation, preventing penetration into your skin. Absorption rate is expressed as SPF – sun protection factor. Generally, the higher SPF numbers offer more protection, however, research shows that SPF 30 & 40 provide only minimal extra protection beyond that of SPF 15. Apply sunscreen liberally 30 minutes before going outside. Re-apply often, especially if you've been swimming or perspiring.

**For children,** use at least SPF 15 sunscreen. Don't use alcohol-based or scented sunscreens, as they can irritate skin & eyes. No sunscreen should be used on infants – keep babies out of the sun.

**Ask your pharmacist** for advice about the best sunscreen for you and your family. They'll also help you with important sunscreen usage information.

Want to know more about summer healthcare? Consult the BC Health Guide, available free of charge at Howe Sound Pharmacy. (It's also online on the BC Ministry of Health website [www.bchealthguide.org](http://www.bchealthguide.org))



## Healthy Moving – Hot Weather Exercise

Beat the heat with these hot weather exercise tips.

- 1. Sunscreen** – apply before going outdoors, and wear protective clothing.
- 2. Water** – drink water before, during, and after exercise or time spent in the heat.
- 3. Remember** that your canine running pal can't tell you if he's over-heated. Furthermore, because he's a pack animal, he'll try to keep up with you, which is fun for humans but not so healthy for your pooch.
- 4. All walkers and runners** (two- and four-legged) should exercise in the cooler, less UV-intense early morning or evening hours.

### HOURS

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## Healthy Living

### Sizzling Sun Stats

- You can sunburn on a cloudy day. Clouds and pollution still let through as much as 90% of UV radiation.
- The higher you are, the greater the risk of sunburn. The sun's burning potential climbs about 4% for every 300 meters of altitude. (The sun's intensity also increases the closer to the equator.)



- Reflected radiation can really burn. A green lawn reflects about 3% of radiation, dry sand about 25%, and fresh snow up to 80%. White paint and shiny aluminum reflect 70 to 90% of UV radiation. Reflection from water is about 4%, more if the sun is directly overhead.

### Outdoor Food Safety

- Reduce risk of wasp stings by serving beverages in a glass, never in the bottle or can.
- Keep cold foods cold and hot foods hot.
- Serve food quickly and return it to a well-chilled cooler promptly.
- Barbecue ground meats until they're hot all the way through, no longer pink and juices run clear. (Use a meat thermometer to check temperature.) Discard any meats that are charred and black, as they can be carcinogenic.
- Always use separate utensils and plates for raw meats and cooked meats. Never use marinade as a dipping sauce.

## Healthy Eating – Life's a Picnic

Summer's a great time for outdoor meals with family and friends. But many popular picnic foods are high in calories. With a few easy changes, picnics can be both fun and healthy.

- Crudités – cut fresh vegetables are colorful, portable, and easy on the waistline.
- Whole-wheat pitas and wraps – fill with cooked chicken, fish, or egg, add veggies, seasoning or low-calorie salad dressing.
- Burgers – try vegetarian or lean turkey burgers, available in freezer section of the supermarket.

### Portobello Mushroom Burgers

*4 portobello mushroom caps, rinsed and dried*

*1/4 cup balsamic vinegar*

*2 tablespoons olive oil (flavored, if you wish)*

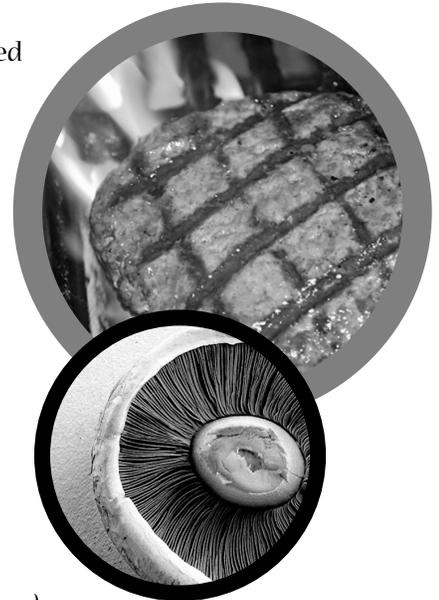
*1 teaspoon dried basil*

*1 teaspoon dried oregano*

*1 teaspoon minced garlic*

*4 slices cheese (Swiss, cheddar, chevre, blue, or other)*

Place mushrooms in shallow glass dish. Whisk together the vinegar, oil, herbs and garlic. Pour over mushrooms and marinate for 15 minutes, turning twice. Meanwhile, preheat BBQ to medium-high. Place mushrooms on grill, cooking 5 – 8 minutes each side, until tender. Top with cheese during last 2 minutes of cooking. Serve on bun with garlic mayo and other burger condiments.



### Sangria Melon

**A summer dessert for grown-ups.** Cube any combination of watermelon, cantaloupe, honeydew to make 10 cups. Place in serving bowl. Gently toss with 1/4 cup sweet white wine, 1/4 cup orange juice (if you prefer to omit wine, add more fruit juice), 1/2 teaspoon vanilla, 1/4 teaspoon ground cinnamon, and a few mint leaves. Chill several hours before serving.

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\*Delivery available Monday to Friday, Port Mellon to Redroofs. Certain prescription refills may require a doctor visit. Please call us for further details.

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