

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.

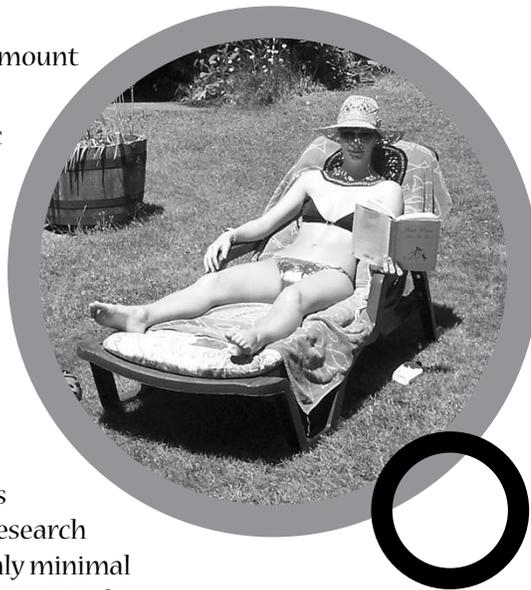
- Physical sunscreens, such as zinc oxide and titanium dioxide, form a barrier on your skin. Non-sheer clothing is also a physical sun block.

- 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)



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

Monday to Friday

9AM – 5:30PM

Saturday 9AM – 12:00PM

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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.

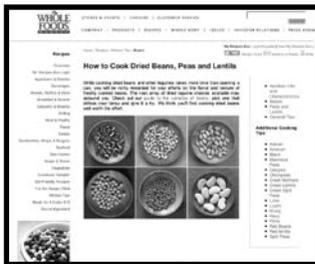
Healthy Eating – Baked Beans Are Back

A home cooking classic from our friend Dot. Beans are budget-friendly, good for you, easy to make, and taste great with BBQ. Handy for summer holidays, you can make this recipe ahead and reheat just before serving.

Duncan Dot's Famous Baked Beans

- 2 tablespoons butter or canola oil*
- 6 slices bacon, diced (we like Hertel's)*
- 1 medium yellow onion, chopped fine*
- 1 – 6 ounce can tomato paste*
- 1 1/2 cups chicken stock or beer*
- 1/2 cup hickory barbecue sauce*
- 1/2 cup maple syrup*
- 2 tablespoons molasses*
- 1 teaspoon yellow hot dog mustard*
- 2 teaspoons worchestershire sauce*
- 1 or 2 bay leaves*
- 2 – 540 ml cans navy beans (white beans), rinsed & drained*
- 1 – 540 ml can mixed beans (not marinated), rinsed & drained*
- sea salt and black pepper to taste*
- Chopped green onions for garnish*

Preheat oven to 350°F. Melt butter in large oven-proof dutch oven over medium heat. Add bacon and onion and sauté for 5 minutes.



Add all remaining ingredients except green onions. Cover with a lid or foil and bake for 1 hour. Remove lid and add more broth if needed to moisten beans. Bake 30 minutes longer until the top is browned and bubbly. Serve hot.

For more about healthy cooking with beans, lentils & peas, see www.wholefoodsmarket.com/recipes/kitchentips/beans.html

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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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