Healthy Outcomes
July is UV Safety Awareness Month

Say Yes to Sun Protection — Say No to Skin Cancer

Skin cancer is the most common cancer in the U.S., but it is also one of the most preventable cancers.

One in five Americans will develop skin cancer in their lifetime, and 20 Americans die from melanoma, the deadliest form of skin cancer, every day.

Since exposure to the sun’s harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:

- Seeking shade
- Wearing sun-protective clothing
- Applying sunscreen to all skin not covered by clothing

There are two types of sunscreens:

Physical Sunscreen
This sunscreen works like a shield, it sits on the surface of your skin, deflecting the sun’s rays.
Look for the active ingredients zinc oxide and/or titanium dioxide.
Opt for this sunscreen if you have sensitive skin.

Chemical Sunscreen
This sunscreen works as a sponge, absorbing the sun’s rays.
Look for one or more of the following active ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate.
This formulation tends to be easier to rub into the skin without leaving a white residue.

SEEK THE SEAL: Many products that meet stringent criteria for safe and effective UV protection have earned The Skin Cancer Foundation Seal of Recommendation.

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If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. If it is broad-spectrum, water-resistant and has an SPF 30 or higher, it can effectively protect you from the sun. Make sure you reapply it every two hours, or after swimming or sweating.

To learn more about skin cancer prevention and detection, talk to a board-certified dermatologist or visit SpotSkinCancer.org.

Summer comes with hot temperatures and high humidity levels

The increased moisture in the air can threaten your health and can damage your home with expansion, rot, and mold.

Here is what to know about the dangers of humidity and humidity safety.

What are the health risks?

**Breathing:** Humidity causes strain on the lungs, which can aggravate breathing conditions such as asthma and COPD.

Increased moisture indoors can breed allergenic mites and fungi, which also affect breathing and overall health. These organisms thrive in relative humidity over 60%, according to the National Institutes of Health.

**Viruses:** Airborne viruses, such as the flu and the common cold, survive well in relative humidity over 70%, according to the Centers for Disease Control and Prevention (CDC).

**Hyperthermia:** When high heat and humidity combine, your risk of hyperthermia, or heat-related illness, increases. Sweat cannot evaporate as quickly in humid

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weather, leaving you feeling hotter and more at risk for heatstroke, according to the CDC.

What can you do?

**Inside:** A dehumidifier can help pull moisture out of your home and improve air quality. Sealing air leaks and adding external vents to your stove and dryer also will help reduce humidity. For more ideas, read How to Help Conquer Home Humidity.

**Outdoors:** Check the dew point rather than the humidity level. If the dew point is in the 60s or 70s, you will have a tough time cooling off. To avoid heat-related illness, limit your time outside, stay in the shade whenever possible, and wear breathable fabrics such as cotton or linen.

Remember to check on older adults and pets. Stay safe on days with extreme humidity.

Deb Erdman RN MSN CCRN TCRN Injury Prevention Coordinator

**THIS ONE TIP COULD SAVE YOUR CHILD FROM DROWNING**

There is an important factor that you may not be giving enough attention to, and one that significantly factors into water safety: the underwater visibility of a swimsuit. While parents might choose swimwear for kids based on style or comfort, one new study suggests color is the most important factor. In fact, it could make all the difference in preventing drowning. Read more.
Too much heat can make an otherwise safe and effective drug dangerous. Some over the counter and prescription drugs may interfere with sweat production, alter the body’s internal thermostat, or make dehydration more likely — with potentially serious consequences.
**OOPS, YOU DID IT AGAIN.** You spent too much time in the sun, and now you look like a human lobster.

In a perfect world, we would apply sunscreen before we spent time in the sun—and would reapply often to prevent sunburn. But let’s face it: mistakes happen. Most people at some point in their lives will get burned.

**HOME REMEDIES FOR SUBURN:**

**Do stay out of the sun.** This should go without saying, but if you feel your skin is burning, seek shade or get indoors immediately.

**Do take a cool bath or shower.** Cool water (not cold) can help decrease inflammation and ease pain. For smaller areas, you can use a cold compress; just avoid applying ice directly to the skin.

**Do not take a hot bath or shower**—this includes hot tubs, saunas, and heated pools. Hot bath water can aggravate your inflamed skin and cause more damage.

**Do moisturize the affected area.** When you hop out of the tub or shower, gently pat yourself off with a towel. While your skin is still damp, apply a moisturizer. Moisturizers that contain aloe vera are soothing to a lot of people, but aloe vera is not necessary. Sunburns dry out your skin, so moisturizing is key.

**Do not use lotions with benzocaine.** These can irritate the skin or cause an allergic reaction.

**Do take OTC pain relievers.** Take ibuprofen or acetaminophen to help relieve pain and reduce inflammation. Do not take more than recommended.

**Do drink plenty of water.** This is key as people who spend a lot of time in the sun can become dehydrated. **Do not ignore blistering or symptoms of dehydration.**

*Eight Tips to Treat and Find Some Relief (Banner Health August 2022)*  
[Read more.](#)
Visit our [HCQU Website](#) for training links, updates, online trainings and resources.

- **Summer Heat Safety**, Thu, 07/06/23, 10:00 AM ET
- **Bloodborne Pathogens**, Mon, 07/10/23, 10:00 AM ET
- **Oral Health Education for Caregivers of Adult Individuals with IDD**, Thu, 07/13/23, 10:00 AM ET
- **Bloodborne Pathogens**, Wed, 07/19/23, 1:00 PM ET
- **Head to Toe Skin Checks – Do You See what I See**, Wed, 08/09/23, 10:00 AM ET
- **Urinary Tract Infection**, Mon, 08/14/23, 10:00 AM ET
- **Dehydration: Causes, Symptoms and Treatments**, Tue, 08/22/23, 1:00 PM ET
- **Urinary Tract Infection**, Wed, 08/23/23, 1:00 PM ET
- **Alzheimer Disease and Dementia**, Mon, 09/11/23, 10:00 AM ET
- **Sleep Apnea**, Thu, 09/14/23, 1:00 PM ET
- **Alzheimer Disease and Dementia**, Wed, 09/20/23, 1:00 PM ET
- **Cold and Flu Basics**, Mon, 10/09/23, 10:00 AM ET
- **Aspiration Pneumonia**, Thu, 10/19/23, 1:00 PM ET
- **Cold and Flu Basics**, Wed, 10/25/23, 1:00 PM ET
- **Falls: Assessment and Prevention Training**, Thu, 11/02/23, 1:00 PM ET
- **Seizures**, Mon, 11/13/23, 10:00 AM ET
- **Seizures**, Wed, 11/15/23, 1:00 PM ET
- **Cold Weather Safety**, Tue, 12/05/23, 10:00 AM ET
- **Sepsis**, Mon, 12/11/23, 10:00 AM ET
- **Sepsis**, Wed, 12/20/23, 1:00 PM ET

**Need FREE training and education?**

The HCQU can help your agency and the individuals you support. The HCQU offers a wide variety of training topics concerning the physical and behavioral health care of people with IDD. Check out our virtual and [online](#) trainings.
Peach ‘nice’ cream

This easy, nondairy dessert recipe gets its natural sweetness from your favorite frozen fruit.

Recipe

Ingredients

- 8 ounces frozen peaches (or your favorite frozen fruit)
- 1/4 cup coconut milk (or your favorite nondairy milk)
- 2 tablespoons honey, plus more to taste
- 2 tablespoons fresh lemon juice
- Pinch of salt, to taste

Directions

Step 1: Mix and Blend
In a food processor, fitted with an S blade, combine frozen peaches, coconut milk, honey, lemon juice and salt. Whip until creamy, stopping occasionally to scrape down the sides. Taste and add more sweetener, if desired.

Step 2: Set and Serve
If your preference is a soft-serve consistency, dish out directly from the food processor.
If you prefer a firmer consistency, freeze for a few hours. Before serving, let the frozen “nice” cream thaw at room temperature for 10 minutes.

Step 3: Save and Store
Store leftovers in an airtight container in the freezer for up to 1 month.

Total time: 10 minutes, plus an optional hour for freezing

The information offered in this newsletter is to increase your awareness of health-related situations. It is not intended to be a substitute for professional medical advice. If you believe you or someone you support has a condition, please seek the advice of a physician.