

Summer's Here!

Tips for staying healthy & fit in high temps

Welcome to Edge Benefits Consulting's first Health & Wellness Newsletter! We've put together some quick tips for helping you stay healthy and fit this summer. We hope you enjoy our first issue of The Health & Wellness Edge and welcome your email comments and suggestions at info@edge-benefits.com or by phone 954-921-1948. As always, if there is any way we can be of service, please call on us. Enjoy your summer.



Beat the Heat! How to avoid dehydration

Summer heat can be more than uncomfortable—it can be a threat to your health.

Hot weather can be especially dangerous for children and older adults. Don't let the summer heat get the best of you. Try these tips to stay cool and safe:

Drink plenty of non-alcoholic fluids.

This is one of the most important things you can do to beat the heat. Drink water and other beverages throughout the day. Thirst means that your body is becoming dehydrated—so, don't wait until you feel thirsty. Don't forget that you can get fluids through some foods, such as cold summer soups, fruits and even vegetables. Older adults or people with health conditions should talk with their doctors about medications and fluid intake.

Stay indoors. If possible, do errands

and outdoor chores early or late in the day.

Dress for the weather. Wear light layers of natural fabrics such as cotton. When outdoors, wear a light-colored hat that will let air circulate to keep your head cool.

Eat light. Avoid heavy or hot meals. You may feel better eating several nutritious snacks throughout the day instead of full meals.

Think cool. Take cool showers when you feel hot. Visit your local mall or library to enjoy the air conditioning. At times, the summer heat can hit harder than expected. You may feel more than just uncomfortable—you can become sick. Watch for these warning signs:

Heat exhaustion is caused by not drinking enough fluids. *Symptoms:* - Dizziness, weakness, nausea, headache, vomiting

- Body temperature is high but not above 101F
- Pale, cool, moist skin
- Feeling of thirst
- Muscle cramps

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Eating Right

Keep Healthy Snacks on Hand

It's late afternoon, you're at work and, despite having eaten lunch, you're starving. It's tempting to grab a treat from the vending machine—full of chips, candy and chocolate—to curb your hunger pains. But, before indulging in those fattening snacks, think again. There are healthier alternatives that can fill you up—without adding inches to your waistline.

Snacks Are Important

Discard the notion that snacking can cause you to gain weight. In reality, snacking on healthy foods actually can help prevent obesity by controlling your appetite and keeping you from overindulging at meals. Eating nutritious snacks every three to four hours also can boost your energy levels so that you can make it through the day. But, remember, choose foods that are low in fat and calories, and rich in fiber and complex carbohydrates. Some good choices :

- Fruits & vegetables
- Air-popped popcorn
- Low-fat yogurt
- Low-fat granola
- Low-fat cheese & whole-grain crackers
- Pretzels & rice cakes

Other tasty, nutritious snacks include walnuts, almonds and other nuts. These are good sources of protein, phosphorus, zinc, magnesium and carbohydrates. For even more flavor, try combining them with other foods—such as in trail mixes or as a salad topper. But, be careful not to go overboard—nuts do contain some fat.

Get Creative

If dinnertime still is a few hours away and carrot sticks aren't hitting the spot, try creating a more substantial snack, such as:

- Whole-grain toast with apple butter
- Half a bagel with tomato slices and melted low-fat cheese
- Fruit smoothie made with bananas, strawberries and nonfat milk
- Baked tortilla chips and salsa



Eating nutritious snacks every three to four hours can boost your energy levels and help prevent obesity.



Sun Safety

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According to The Skin Cancer Foundation's Skin Cancer Facts 2008, protecting your skin from the damaging rays of the sun should be taken seriously. One in five Americans will develop skin cancer in the course of a lifetime and about 90 percent

of non-melanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun (Armstrong, B.K., and A. Kricger, How much melanoma is caused by sun exposure?, *Melanoma Research*, 1993: 3:395-401). Facts that should cause south Floridians to take notice of their habits where sun exposure is concerned and give heightened meaning to the old adage: An ounce of prevention is worth a pound of cure.

Bottom line, they say: When you are at the beach or involved in any outdoor activity, never seek a tan, and never sunburn. Tans and burns result from DNA damage that can pave the way to skin cancer. Find shade immediately or head indoors if you start to redden or your skin starts to ache or tingle.

If you do come home with a burn, you can take steps to lessen the impact. The SCF recommends that first, do what you can to relieve the discomfort as a sunburn cooks the protein in the skin. If your skin begins to peel afterwards—a natural part of the healing process—use a non-greasy moisturizer to soothe the area and do not cover up the peeling section with a self-tanning lotion.

Usually, sunburn does not require a doctor's care. However, if you are running a fever, if there is risk of dehydration, or if someone is burned over a large portion of his/her body, they should seek medical attention. Zoe Draelos, MD, clinical associate professor of dermatology at Wake Forest University School of Medicine, Winston-Salem, North Carolina recommends a home remedy for soothing the skin by using a washcloth soaked in cold skim milk. "The coolness takes out the initial fire, and the milk creates a protein film that helps ease the ensuing discomfort."

Skin Cancer Foundation's recommendations in case of sunburn:

Even the most careful people can accidentally get burned. Sunburns should be avoided at all costs, as they can significantly increase your risk for skin cancer. Severe burns can also make you ill. For milder burns, follow these steps to relieve discomfort:

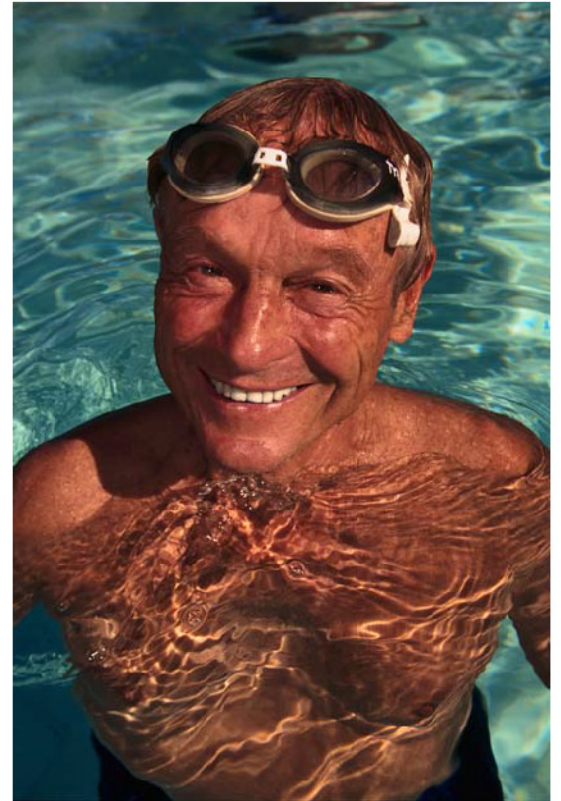
- **Drink water, juice or sports drinks to replace body fluids.**
- **Take acetaminophen if you have a headache, slight fever or chills.**
- **Take a cool bath in tepid water to soothe and cool the skin.**
- **Gently apply a light moisturizer to the skin.**
- **Stay out of the sun until the burn fades.**
- **Above all, the next time you are in the sun, do not burn!**

Daily Steps to Good Health at 50+

Some daily tips for looking and feeling your best in any weather.

- **Be tobacco free.** For tips on how to quit, go to: <http://www.ahrq.gov/path/tobacco.htm> or visit <http://www.smokefree.gov>. To talk to someone about how to be tobacco free, call the National Quitline: 1-800-QUITNOW.
- **Be physically active.** If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Walking briskly, mowing the lawn, dancing, swimming, and bicycling are just a few examples of moderate physical activity. Be mindful of the heat and choose indoor activities in severe temperatures.
- **Eat a healthy diet.** Focus on fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, eggs, and nuts. Eat foods low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- **Stay at a healthy weight.** Balance the calories you take in from food and drink with the calories you burn off by your activities. Check with your doctor if you start to gain or lose weight.
- **If you drink alcohol, drink only in moderation.**
Men: Have no more than two drinks a day if you are 65 or younger. If you are older than 65, have no more than one drink a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.
Women: Have no more than one drink a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

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Treatment: Move to a cool area and drink plenty of fluids such as water or sports drinks—about one-half cup every 15 minutes. If symptoms persist or are marked, see your doctor or seek immediate medical care.

Heatstroke is the result of untreated heat exhaustion. *Symptoms:*

- Dry, hot, red skin
- Sweating has stopped
- Fever
- No longer aware of thirst or heat
- Irritability or confusion
- Seizures or loss of consciousness

Treatment: Heatstroke is an emergency—seek emergency medical help! Meanwhile, cool the person's body by placing cool, wet cloths on the skin. And, move the person to a shaded area.