

# HealthyBy Choice

...One Day at a Time

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## July is UV Safety Month

The skin is the body's largest organ. It protects against heat, sunlight, injury, and infection. Let's consider the necessity of protecting our skin.

### It's just smart to take good care of your skin

The need to protect your skin from the sun has become very clear over the years, supported by several studies linking overexposure to the sun with skin cancer. The harmful ultraviolet rays from both the sun and indoor tanning "sunlamps" can cause many other complications besides skin cancer - such as eye problems, a weakened immune system, age spots, wrinkles, and leathery skin.

### How to protect your skin

There are simple, everyday steps you can take to safeguard your skin from the harmful effects of UV radiation from the sun.

**Wear proper clothing:** Wearing clothing that will protect your skin from harmful ultraviolet (UV) rays is very important, i.e. long-sleeved shirts and pants. Also, remember to protect your head and eyes with a hat and UV-resistant sunglasses. You can fall victim to sun damage on a cloudy day as well as in the winter, so dress accordingly all year round.

**Avoid the burn:** Sunburns significantly increase a lifetime risk of developing skin cancer. It is especially important that children be kept from sunburns as well.

**Go for the shade:** Limit sun exposure during peak burning hours, which are between 10 a.m. and 4 p.m. Seek shade or create your own with protective clothing and/or a wide-brimmed hat!

**Use extra caution when near reflective surfaces, like water, snow, and sand:** Water, snow, sand, even the windows of a building can reflect the damaging rays of the sun. That can increase your chance of sunburn, even if you're in what you consider a shady spot.

**Use extra caution when at higher altitudes:** You can experience more UV exposure at higher altitudes because there is less atmosphere to absorb UV radiation.

**Generously apply broad-spectrum sunscreen:** The "broad spectrum" variety protects against overexposure to ultraviolet A (UVA) and ultraviolet B (UVB) rays. Also use sunscreens that have a sun protection factor (SPF) value of at least 15 for protection against sun-induced skin problems.

**Re-apply broad-spectrum sunscreen throughout the day:** Even "water-resistant" sunscreen needs to be re-applied throughout the day, especially after sweating or swimming. To be safe, apply sunscreen at a rate of one ounce every two hours. Depending on how much of the body needs coverage, a full-day (six-hour) outing could require one whole tube of sunscreen.

### When to protect your skin...

UV rays are their strongest from 10 am to 4 pm. Seek shade during those times to ensure the least amount of harmful UV radiation exposure. When applying sunscreen be sure to reapply to all exposed skin at least 20 minutes before going outside. Reapply sunscreen every two hours, even on cloudy days, and after swimming or sweating.

### Protecting your eyes...

UV rays can also penetrate the structures of your eyes and cause cell damage. According to the CDC, some of the more common sun-related vision problems include cataracts, macular degeneration, and pterygium (non-cancerous growth of the conjunctiva that can obstruct vision).

- **Wear a wide-brimmed hat:** To protect your vision, wear a wide-brimmed hat that keeps your face and eyes shaded from the sun at most angles.
- **Wear wrap-around style sunglasses with 99 or higher UV block:** Effective sunglasses should block glare, block 99 to 100% of UV rays, and have a wraparound shape to protect eyes from most angles.

### Using the UV index...

When planning your outdoor activities, you can decide how much sun protection you need by checking the [Environmental Protection Agency's \(EPA\) UV index](#). This index measures the daily intensity of UV rays from the sun on a scale of 1 to 11. A low UV index requires minimal protection, whereas a high UV index requires maximum protection.



Summer Fun...Sun Safety!



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...One Day at a Time



## Donating Blood Helps Your Health!

Giving blood will change lives, starting with your own. Certainly patients need donated blood to live, but do you realize the benefits that **you** personally receive when you give?

Becoming a regular blood donor is not only healthy for your body, but also provides you peace of mind, while sending your spirit soaring knowing you are making a vital difference in the lives of others!

You don't have to be a super hero to give blood... you'll just feel like one.

### Benefits to You!

- A Blood Pressure, Pulse, Iron Count, Temperature and Cholesterol Check-Up Every Time You Donate.
- A Lower Risk of Heart Attack and Stroke, When You Give Regularly.
- Assurance that Blood Will Be There When You or Your Loved Ones Need it Most.
- Protection Against Any Non-Insurance Reimbursed Blood Processing Fees.
- Self Pride Knowing Each Blood Donation May Save 3 Lives in Your Community.



Blood Donors Save Lives!



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	530584	Calcium 500 MG + D	OS CaL + D	90	TB	\$4.99
	530392	Calcium 600 + D	21ST Century	400	TB	\$8.29
	570237	Calcium Citrate + D	Citrical	120	TB	\$8.50
	530386	CO Q 10 100MG Bonus	21ST Century	50+25	CAP	\$27.10
	923532	ECHINACEA 400MG	ProCare Rx	100	CAP	\$6.88
	530192	Ferrous Sulfate 65 MG	Feosol	100	TB	\$4.99
	530242	Fish Oil 1000MG Enteric Coated	21ST Century	180	SG	\$9.99
	530208	FISH OIL 1000MG ENTERIC COATED	21ST Century	90	SG	\$7.99
	530013	Folic Acid 800 MCG	21ST Century	180	TB	\$3.99
	530040	Gluco/Chond Max Strength	21ST Century	150	TB	\$24.99
	530044	Gluco/Chond Triple Strength	21ST Century	150	TB	\$27.99
	530050	Glucosamine 1000 MG	21ST Century	120	TB	\$9.99
	530159	Glucosamine Relief 500 MG	21ST Century	60	CAP	\$5.99
	530560	Glucosamine/Chond Plus	21ST Century	120	TB	\$19.99
	530035	Hair, Skin and Nails	21ST Century	50	CP	\$5.99
	095005	Loratadine 10 MG	Claritin	90	TB	\$7.99
	530039	Lutein 10 MG	21ST Century	60	TB	\$7.99
	530219	Magnesium 250 MG	21ST Century	110	TB	\$2.99
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	530276	Mega Multi for Women	21ST Century	90	TB	\$9.99
	501021	Nasal Decongestant Spray 12 HR	Major	.5 OZ	SR	\$1.38
	530045	Omega 3	21ST Century	60	SG	\$5.99
	530377	One Daily Men's	21ST Century	100	TB	\$4.99
	530367	One Daily Women's	21ST Century	100	TB	\$4.99
	530083	Potassium 99 MG	21ST Century	110	TB	\$2.99
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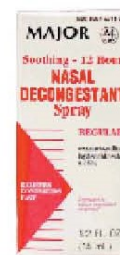
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