

## July is *UV Safety* Month

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Sight for Life

Ask the Coach

Recipe  
Homemade Veggie  
Burger With  
Zesty Lime Mayo

Say Yes to Carbs!



- Re-apply sunscreen every two hours if you're swimming and/or sweating (even if the bottle says "sweat and waterproof").
- Wear sunglasses to protect your eyes.
- Wear a hat to protect your eyes, face, scalp and neck.
- Wear loose-fitting, long-sleeved shirts and pants.

### Become familiar with the skin you're in.

Another way to protect yourself against skin cancer is to check your skin monthly for changes. Stand in front of a full length mirror in a well-lit area. Look for changes in the color, shape, size, and symmetry of blemishes, discolorations, marks, moles or sores. If you notice a difference, make an appointment with your doctor. Early detection is important in treating cancerous lesions or growths.

### There is a bright side.

UV exposure isn't all bad. In fact, sun exposure in small doses is beneficial and provides our bodies with vitamin D which strengthens bones and teeth, protects against bone diseases, and builds our immune system so we can fight infections. The goal is to avoid overexposure, which comes from hours in the sun without proper protection.

The month of July is sure to be full of fun in the sun: picnicking, swimming, boating, hiking, biking and so much more. Enjoy the fun, but don't put yourself at risk. Protect yourself from harmful UV rays.

Ultraviolet (UV) radiation refers to the invisible rays that come from the sun, sun lamps and tanning beds. Overexposure to UV radiation can damage your eyes and skin, and cause skin cancer like melanoma or others.

### There is no such thing as a safe tan.

According to the American Cancer Society, skin cancer is the most common form of malignant cancer in humans. That's why dermatologists recommend daily protection against dangerous UV rays, even on cloudy days. Here are a few tips when you're heading outdoors this summer:

- Apply sunscreen (SPF 30 or higher) 15 to 20 minutes before going outside.

### Know your UV index and avoid excessive UV (sun) exposure.

UV INDEX	RISK EXPOSURE	PROTECT YOURSELF	
2 or lower	LOW	• Sunglasses and sunscreen	• Use SPF 30 or higher
3 - 5	MEDIUM	• Sunglasses and sunscreen • Use SPF 30 or higher • Apply sunscreen every two hours	• Stay in the shade during midday hours • Cover up with a hat or clothing
6-10	HIGH	• Sunglasses and sunscreen • Use SPF 30 or higher • Cover up with a hat or clothing	• Stay in the shade during midday hours • Apply sunscreen every two hours • Limit exposure between 10 am & 4 pm
10+	VERY HIGH	• Sunglasses and sunscreen • Use SPF 30 or higher • Cover up with a hat or clothing	• Stay in the shade during midday hours • Apply sunscreen every two hours • Avoid exposure

# Sight *for* Life

Even though vision is a significant part of our life experiences, we often pay little attention to the health and safety of our eyes. You can maintain optimal visual health by following these tips.

## Diet and Nutrition

If you need another reason to eat a well-balanced diet, look at this one. Certain nutrients help keep your eyes healthy. The American Optometric Association (AOA) recommends you consume more of:

**Lutein and Zeaxanthin:** Found in leafy green vegetables, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon.

**Vitamin C:** Found in most fruits and vegetables, especially in citrus fruits and juices

**Vitamin E:** Found in wheat germ, whole grain products, seeds (especially sunflower seeds), nuts (especially hazelnuts and almonds), peanut butter, spinach and other dark leafy green vegetables

**Omega-3 fatty acids:** Found in fish like Albacore tuna, salmon, mackerel, sardines, lake trout, and swordfish. Flaxseed oil, soybean oil, canola oil and walnuts, also contain omega-3 fatty acids.

**Zinc:** Found in fortified breakfast cereals, chicken (especially the leg), pork tenderloin, lobster, baked beans, kidney beans, chickpeas, cashews, almonds, yogurt, milk, peas and oatmeal.



## Practice Workplace Safety

According to the Prevent Blindness America organization, more than 2,000 people injure their eyes at work every day, and over 90% of these injuries would have been less severe or prevented entirely with proper eye protection.

Common causes for eye injuries at work include: flying objects, tools, particles, chemicals and harmful radiation. The type of eye protection you should wear depends on which hazards exist in your work environment.

If you work in an area where particles, flying objects or significant dust are an issue, you should wear safety glasses with side protection. If you work with chemicals, you should wear tight goggles. If you work near hazardous radiation (such as welding, lasers or fiber optics), you should use safety glasses, goggles, shields or helmets specifically designed for the task.

Talk to your manager about appropriate safety equipment if you don't have access to these protections. Health and safety precautions taken today can save your eyesight for many years to come.



## Limit Sun Exposure

UV radiation can also damage your eyes if you don't use proper protection. In the short-term, overexposure can cause

"sunburn of the eye," which may cause redness, a gritty feeling, heightened sensitivity to light, or excessive tearing of the eye. This condition generally lasts only a short time and usually leaves no lasting damage.

On the other hand, long-term sun exposure can cause earlier development of cataracts and may cause damage to the retina.

To provide adequate protection, the AOA recommends wearing quality sunglasses with polycarbonate lenses that block out 99% to 100% of UV rays, and wearing a wide-brimmed hat.

You can find a helpful guide to choosing appropriate glasses on their website at <http://www.aoa.org/documents/SunglassShoppingGuide0810.pdf>

[www.eatright.org](http://www.eatright.org)  
[www.aoa.org](http://www.aoa.org)  
[www.preventblindness.org](http://www.preventblindness.org)  
<http://ods.od.nih.gov>