



July is UV Safety Month.



Sun Safety: Get the Facts

When it comes to protecting yourself from sun damage, do you know fact from fiction?

Fiction: You don't need to wear sunscreen when outdoors on cloudy days.

Fact: Up to 80% of the sun's UV (ultraviolet) rays can penetrate clouds. Unless it's raining heavily, your skin can burn if overexposed to UV rays.

Tip: Remember that sunscreen filters but doesn't block all UV rays.

Fiction: One application of sunscreen will provide several hours of protection outdoors.

Fact: Apply one ounce of broad-spectrum sunscreen with a sun protective factor (SPF) 30 to your entire body and **reapply every two hours**, especially after swimming or sweating.

Fiction: Sunscreens labeled as **water-resistant** only need to be applied once while sweating or swimming.

Fact: Water-resistant sunscreens must be reapplied at least every two hours. These sunscreens must state whether they protect the skin for at least 40 or 80 minutes of swimming or sweating. There's no such thing as a waterproof sunscreen — they all wash off eventually.

Tip: Most sunscreen products are good for two to three years; check expiration dates.

Fiction: Getting a base tan at an indoor tanning salon is a good way to prevent sun damage when outdoors.

Fact: A base tan provides little protection from sunburn — any tanning, indoors or out, injures your skin.

You may be especially sensitive to UV damage if you have a family history of skin cancer, fair skin, or many moles, irregular moles or freckles. Learn more at cancer.org.



Food Waste No More

By Cara Rosenbloom, RD

Ready for a shocking statistic? It's estimated that between 30% to 40% of the U.S. food supply is wasted — that's more than \$240 billion dollars' worth of food. About a third of this food waste could be sent to communities in need.

While this problem includes waste at the farm, factory, restaurant and grocery level, the average family wastes \$1,866 worth of food each year.

Here are some tips to help you reduce waste:

- Organize the week's meals and shop with a grocery list of what you need.
- Watch how much you toss each week and adjust your shopping habits as needed.
- Keep similar foods together so you can take a quick inventory of what you need before you shop.
- Plan your next meal around leftovers so they don't end up in the trash.
- Frozen food stays fresh longer. Store bread, meat, poultry, fish and certain vegetables and fruits in the freezer.
- Don't toss food based on the **best if used by** date. It indicates when the nutritional value starts to decrease, not when the product expires.
- Eat foods based on how quickly they spoil. Enjoy berries and leafy greens first, and store hardier apples and carrots until the end of the week.
- Don't toss bruised or day-old foods. Make bread into croutons, and freeze ripe fruit for baking, oatmeal or smoothies.
- Compost peels from fruits and vegetables for gardening.



Save money and reduce waste.

Did you know? Seasonal affective disorder (SAD) can occur in the summer. Though less common than the winter version, many people do develop summer depression. Symptoms include poor appetite, weight loss, insomnia, restlessness and anxiety. Early, accurate diagnosis is important to ensure you get proper treatment.

If you suspect summer depression, consult a health care provider familiar with this condition. Treatment may include medication, counseling and changing your sleep schedule. Lifestyle changes can also help: Maintain healthy eating, exercise consistently and don't overbook — find time to relax and do things you enjoy daily. — Eric Endlich, PhD



Chronic Pain and the Brain

Pain is the most common symptom that sends us to our health care providers, yet it is hard to define. Some of the most common types of chronic pain are due to headache, arthritis, nerve damage, cancer, lower back pain, and pain after surgery or trauma.

If you suffer chronic pain, you may find that your daily discomfort leads you to limit your normal activities, including work and socializing. Over time, pain can weaken your physical and mental strength and social relationships and further reduce your ability to cope. As a result, many chronic pain sufferers also suffer depression.

The good news is, effective therapies can help improve your well-being:

Cognitive behavioral therapy helps patients learn coping skills so that they can actively manage their pain. Patients might try participating in activities to help improve physical function and distract themselves from focusing on the pain.

Relaxation training techniques help people relax and reduce stress; techniques include progressive muscle relaxation, yoga and meditation.

Routine physical exercise is very helpful for boosting mood and reducing anxiety. Research suggests that aerobic exercise can be especially helpful for improving overall well-being and physical function in patients with some types of chronic pain.

Mindfulness meditation practice has recently been shown to reduce a person's pain experience. Some participants have been able to reduce or even eliminate pain medications through ongoing daily practice.

Consider support groups. Meeting with other people who have chronic pain offers a way to understand, share and explore other methods of coping with pain — and can help you feel less alone. To learn more, search for **support groups** at theacpa.org.



The Depression-Weight Gain Link

Do extra pounds cause depression or could depression be a trigger for being significantly overweight? Studies show there's a complicated connection.

For example, CDC researchers found about 43% of adults with depression were significantly overweight. But that doesn't necessarily mean depression causes weight gain. However, it can raise the risk of being less active and indulging in emotional eating, which slows metabolism and increases calorie intake.

Chronic stress may play a role in triggering both depression and weight gain. When the stress hormone cortisol is released, it stimulates the buildup of fat in the abdominal area.

Some antidepressants can contribute to weight gain. But if you need medication, there are more antidepressants available with fewer side effects than in past years, and not all are associated with weight gain.

It's important to break the depression-weight gain cycle because both excess pounds and depression are associated with health risks, including cardiovascular disease and type 2 diabetes.

Talk to your health care provider and work with a therapist, if needed, to lower stress, stick to a healthy diet and become more physically active. Remember, exercise boosts mood and helps with weight control, too.



Q: What is juvenile arthritis?

A: **Juvenile arthritis, also known as pediatric rheumatic disease,** is the medical term for many different inflammatory and rheumatic conditions that affect children age 15 years or younger. Most of these conditions are autoimmune. This means the body's immune system acts in abnormal ways to attack and damage healthy cells in the body.

Juvenile arthritis may cause a variety of symptoms. Common ones include joint swelling, redness, pain and tenderness. Sometimes juvenile arthritis can affect the skin, eyes or internal organs without any joint symptoms. The cause usually involves environmental factors and heredity.

Tests and a physical exam can help a primary care provider or rheumatologist diagnose juvenile arthritis. There is no cure. But early diagnosis and treatment can decrease symptoms and minimize disease activity. It can also help avoid joint and organ damage and prevent progression of juvenile arthritis.

— Elizabeth Smoots, MD



Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit coronavirus.gov.

The **Smart Moves Toolkit**, including this issue's printable download, **Sunscreen: The Real Cover-Up**, is at personalbest.com/extras/21V7tools.

