

CBIZ

WELLBEING

Insights



July 2014

July is
Sun Care
Month

Living a Better, More Vibrant Life

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July is Sun Care Month

Protect *Your* Child's Skin

July is sun care month. Did you know that just a few serious sunburns can increase your child's risk of skin cancer later in life? Kids do not have to be at the pool, beach or on vacation to get too much sun. Their skin needs protection from the sun's harmful ultraviolet (UV) rays whenever they are outdoors.

Seek shade. UV rays are strongest and most harmful midday, so it is best to plan indoor activities at that time. If this is not possible, seek shade under a tree, an umbrella or a pop-up tent. Use these options to prevent sunburn, not just to seek relief after it has happened.

Cover up. Clothing that covers your child's skin helps protect against UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they are not always practical. A T-shirt, long shorts or a beach cover-up are good choices too; but it is wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.

Get a hat. Hats that shade the face, scalp, ears and neck are easy to use and give great protection. Baseball caps are popular among kids, but they do not protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.

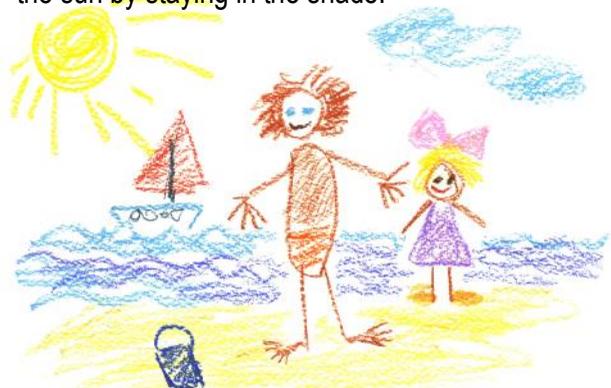
Wear sunglasses. They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look

for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

Apply sunscreen. Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors. Do not forget to protect ears, noses, lips and the tops of feet.

Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to waterproof and water-resistant products as well.

Follow the directions on the package when using a sunscreen product on babies less than six months old. All products do not have the same ingredients, so if you or your child's skin reacts badly to one product, try another one or call a doctor. Your baby's best defense against sunburn is avoiding the sun by staying in the shade.





Keep in mind, sunscreen is not meant to allow kids to spend more time in the sun than they would otherwise. Try combining sunscreen with other options to prevent UV damage.

Too Much Sun Hurts

Turning pink? Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. So, if your child's skin looks "a little pink" today, it may be burned tomorrow morning. To prevent further burning, get your child out of the sun.

Tan? There is no other way to say it—tanned skin is damaged skin. Any change in the color of your child's skin after time outside—whether sunburn or suntan—indicates damage from UV rays.

Cool and cloudy? Children still need protection. UV rays, not the temperature, do the damage. Clouds do not block UV rays, they filter them; and sometimes only slightly.

Oops! Kids often get sunburned when they are outdoors unprotected for longer than expected. Remember to plan ahead and keep sun protection handy: in your car, bag or child's backpack



Signs *and* Symptoms of **Iron Deficiency**



Too little iron can impair body functions, but most physical signs and symptoms do not show up unless iron deficiency anemia occurs. Someone with early stages of iron deficiency may not have any signs or symptoms. This is why it is important to screen for too little iron among high risk groups.

Signs of iron deficiency anemia include:

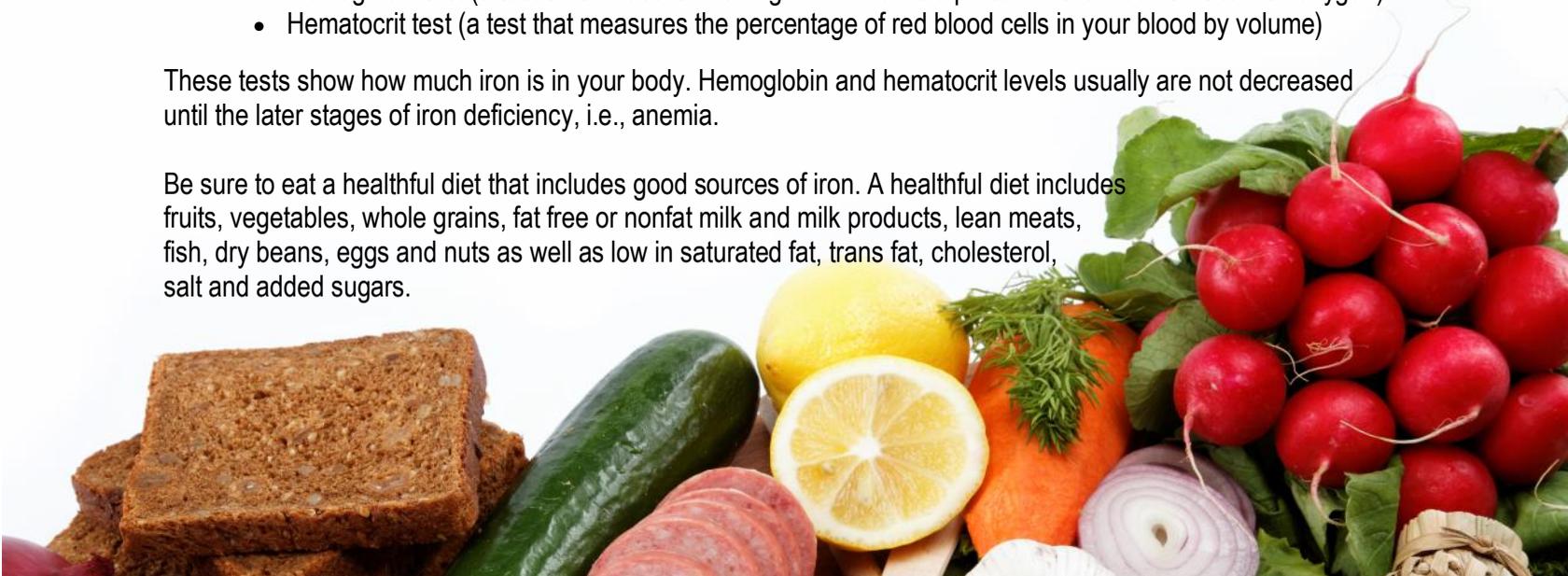
- Feeling tired and weak
- Decreased work and school performance
- Slow cognitive and social development during childhood
- Difficulty maintaining body temperature
- Decreased immune function, which increases susceptibility to infection
- Glossitis (an inflamed tongue)

Your doctor or health care provider will do blood tests to screen for iron deficiency. No single test is used to diagnose iron deficiency. The most common tests for screening are:

- Hemoglobin test (a test that measures hemoglobin which is a protein in the blood that carries oxygen)
- Hematocrit test (a test that measures the percentage of red blood cells in your blood by volume)

These tests show how much iron is in your body. Hemoglobin and hematocrit levels usually are not decreased until the later stages of iron deficiency, i.e., anemia.

Be sure to eat a healthful diet that includes good sources of iron. A healthful diet includes fruits, vegetables, whole grains, fat free or nonfat milk and milk products, lean meats, fish, dry beans, eggs and nuts as well as low in saturated fat, trans fat, cholesterol, salt and added sugars.



8 Ingredients your Skin Will Love

and 9 Ingredients it Might Hate

Skin Winners

There are hundreds of skin care ingredients, including many with fancy names and expensive price tags. But there is very little or no science to most of them. The list of ingredients that can really make a difference in the skin is small. The following eight are examples of some that you can slather on with solid scientific backing:

1. Vitamin A
2. Vitamin C
3. Vitamin B3 (niacin, or nicotinamide)
4. Vitamin B5 (pantothenic acid)
5. Vitamin E
6. Alpha hydroxy acids
7. Ubiquinone (small-molecule antioxidant)
8. Ferulic acid (small-molecule antioxidant)

Possible Enemies

One of the tricks to using skin products is to not only find the ingredients that will help you, but also avoid the ones that may damage or irritate your skin. Some ingredients you should think about avoiding are:

- **Imidazolidinyl urea and diazolidinyl urea:** They are used as preservatives to prevent bacterial growth (not fungi), but they are also a relatively common cause of contact dermatitis.
- **Fragrances:** They may smell good, but these little molecules are responsible for allergic reactions in as much as 14 percent of the population. Most skin care products do not really need added fragrances, but without the added fragrance, some (like soap) simply smell like the fats from which they are made.
- **Sodium lauryl sulfate:** It is commonly used in shampoos and cleaners to create suds and is relatively safe, but longer contact time can cause irritation and dryness, because the detergent strips the skin of lipids.
- **Mineral oil:** Used as a base in some products; it may interfere with perspiration.
- **Monoethanolamine (MEA) and triethanolamine (TEA):** They are common pH stabilizers, but when they are exposed to air, they form potentially irritating substances called nitrosamines, and they have a tendency to clog pores and create blackheads.
- **Toluene:** This chemical solvent, which the EPA designates as hazardous waste, is found in fingernail polish. Toluene can cause headaches, eye irritation and memory loss. Although toluene won't kill you, if you don't feel good, it's worth experimenting to see if beauty products could be the source of your general blah-ness.
- **Dimethylethanolamine (DMAE):** This common "instant facelift" ingredient in wrinkle creams actually does its work by causing cell damage and swelling. Sure, the wrinkles will go away temporarily, but that does not mean it's good for you.

"Grow Younger. Live Your Healthiest Life. Take the RealAge Test today! www.sharecare.com/realage"

Contributed by:  sharecare

How to Do a Self Exam for **Skin Cancer**



Wondering how to do a skin self-exam? Then follow the advice from the American Academy of Dermatology (AAD):

- Examine your body front and back in the mirror, then examine right and left sides with arms raised.
- Bend your elbows and look carefully at your forearms, upper underarms and palms.
- Look at the backs of your legs and feet, the spaces in between your toes and the soles of your feet.
- Examine the back of your neck and scalp with a hand mirror. Part your hair for a closer look.
- Finally, check your back and buttocks with a hand mirror.

To perform this exam properly, you need a well-lit room with both a full-length mirror and a hand-held mirror.

If you find moles or colored spots on your skin, use the "ABCD" rules. Look for:

- Asymmetry — one half is unlike the other half.
- Border irregularity — scalloped or poorly circumscribed border.

- Color that varies from one area to another. (These can include shades of tan and brown, black or sometimes white, red or blue.)
- Diameter larger than the diameter of a pencil eraser.

If you find skin changes that match this description or a mole that changes, itches or bleeds, consult your doctor or dermatologist.

This exam should be completed once a month by those at high risk for skin cancer and once every six months for those with a low risk.





Top 10 Toxins for Dogs

Dogs: Top 10 Toxins of 2013

- 1) Chocolate: Dark equals dangerous! Bakers and dark chocolate are the most toxic, and milk chocolate if ingested in large amounts.
- 2) Xylitol: This sweetener found in sugarless chewing gum, candy, medications and nasal sprays causes a rapid drop in blood sugar and liver failure only in dogs (not cats).
- 3) Non-steroidal anti-inflammatory drugs (NSAIDs): Ibuprofen, naproxen, etc., found in products like Advil®, Motrin® and Aleve®. Dogs do not metabolize these drugs well; ingestions result in stomach ulcers and kidney failure.
- 4) Over the counter cough, cold and allergy medications: Those that contain acetaminophen or decongestants, such as pseudoephedrine or phenylephrine, are particularly toxic.
- 5) Rodenticides (mouse poison): These may cause internal bleeding (brodifacoum, bromadiolone, etc.) or brain swelling (bromethalin), even in small amounts.
- 6) Grapes and raisins: These harmless human foods cause kidney damage in dogs.
- 7) Insect bait stations: These rarely cause poisoning in dogs – the bigger risk is bowel obstruction when dogs swallow the plastic casing.
- 8) Prescription ADD/ADHD medications: These amphetamines such as Adderall®, Concerta®, Dexedrine® and Vyvanse® can cause tremors, seizures, cardiac problems and death in pets.
- 9) Glucosamine joint supplements: Overdose of products typically only cause diarrhea; however, in rare cases, liver failure may develop.
- 10) Silica gel packets and oxygen absorbers: Silica gel packs, found in new shoes, purses or backpacks is rarely a concern. The real threats are the iron-containing oxygen absorbers found in food packages like beef jerky or pet treats, which can cause iron poisoning.

Call 1-888-426-4435 for a Poison Pet Emergency



A Focus on Sunburn

Protect Your Skin from our Powerful Sun



Sunburn is caused from over-exposure to the harmful ultraviolet rays of the sun. While the symptoms are usually temporary (such as red skin that is painful to the touch), skin damage is often permanent and can cause serious long-term

health effects, including skin cancer, pigmentation and premature aging. In addition to the skin, eyes can get burned from sun exposure; sunburned eyes turn red, dry and painful, and can feel gritty.

Sunburn results when the amount of exposure to the sun or other ultraviolet light source exceeds the ability of the body's protective pigment, melanin, to protect the skin. Sunburn in a very light skinned person may occur in less than fifteen minutes of midday sun exposure, while a dark skinned person may tolerate the same exposure for hours.

Sunlight contains an invisible form of radiation called ultraviolet (UV) rays. UV A and possibly UV B can harm skin, connective tissue and increase risk for developing skin cancer.

Certain drugs such as some blood pressure medication, antibiotics and nonsteroidal and anti-inflammatory drugs increase sensitivity to sunlight and the risk of getting sunburn.



Symptoms

The first signs of sunburn may not appear for a few

hours. The full effect to your skin may not appear for 24 hours or longer. Possible symptoms include:

- Red, tender skin that is warm to the touch. (first-degree burn)
- Blisters that develop hours to days later. (second- degree burn)
- Severe reactions (sometimes called "sun poisoning"), including fever, chills, nausea or rash.
- Skin peeling on sunburned areas several days after the sunburn.



First Aid

- Try taking a cool bath or shower or place wet, cold wash cloths on the burn for 10 to 15 minutes, several times a day. You can mix baking soda in the water to help relieve the pain. Small children may become easily chilled, so keep the water tepid.
- Apply a soothing lotion to the skin.
- Aloe gel is a common household remedy for sunburns. Aloe contains active compounds that help stop pain and inflammation of the skin.
- Over-the-counter steroid cream can also be applied several times a day.
- Over-the-counter pain medication, such as non-steroidal anti-inflammatory drugs (NSAIDS), including aspirin, may be helpful and are excellent for reducing burn inflammation; whereas other over-the-counter medicines only reduce pain, not the burn itself.

Healthy Happy Tips *for* 4th of July BBQ

The celebration of Independence Day comes with days of fun filled cookouts and fireworks. Make your holiday happy and healthy with these tips:

- **Use whole wheat buns:** Filling up on high glycemic index foods like potato chips, ice cream, sodas and full-calorie beers spikes insulin and opens the floodgates for fat storage. Most guys do not realize that insulin, not testosterone, is the key hormone in the body. It determines your rate of aging, level of inflammation and whether your body is in a fat storage or burning mode. White bread causes a spike in your insulin and makes your body store fat. Switching white bread to whole wheat, rye or sourdough buns can keep the fat at bay and help control insulin.
- **Grill lean meats:** Lowering your fat content can decrease your overall calorie intake. Fewer calories equal less barbecue belly. Eating grilled meats, like the ones your buddies serve at cookouts, is okay as long as you remove excess fat and watch how and with what they are grilled. Most cookouts offer a variety of meats. Choose the leanest cuts of beef, chicken and pork.
- **Practice portion control:** There are a variety of strategies for cutting back at the grill. For example, eat 1/4-pound burgers made with extra-lean ground sirloin, instead of 1/3 or 1/2-pound patties or split a steak with your friend.
- **Load up on grilled veggies:** Fill half of your plate with veggies to avoid overdoing it on the higher-calorie options. The fiber will help to fill you and if you want seconds, be sure to fill your plate the same way.
- **Do not skip meals to try to “save” calories for later:** This will lead to overeating and lead you to make poor choices due to hunger and low blood sugar.



Learn How to Stay Safe While Exercising

in the outdoor heat



It is time to take your winter treadmill routine outdoors to the parks. The days are long and warm. The trails radiate heat. Summer is here, and you are prepared to sweat! But before you lace up your running shoes, read these eight tips to keep you cool.

Safety tips

Heat-related illness is serious, but that does not mean you are doomed to a summer spent exercising in the air-conditioned gym. Learn these safety tips before you step out in the sun:

1. Exercise in the early morning or late evening hours. The temperature is the coolest at these times. Avoid exercising midday, because it is the hottest part of the day.
2. Drink up! Do not wait until you are thirsty to start hydrating. Drink two to four glasses of water each hour. If you are exercising for an extended period of time, drink a sports beverage to replace the salt and minerals you lose through sweat. If you are on diuretics or a low-salt or fluid-restricted diet, talk to your doctor first about your specific fluid needs.
3. Wear lightweight, loose-fitting clothing. Consider dressing in clothes made with moisture-wicking fabric.
4. Protect yourself from the sun. Wear a hat, sunglasses and sunscreen with a SPF 15 or higher. Try to exercise in the shade. Play tennis on a court shaded by trees or take a walk in a wooded park.
5. Rest early and often. Take breaks in shady areas.
6. Gradually get used to the heat. It takes seven to 10 days for your body to adapt to the change in temperature. Start by exercising for a short time period at a low intensity. Save long, hard workouts until after you are acclimated to the summer air.
7. Mind the weather. Do not exercise on the hottest days. Keep an eye on the heat index. The heat index is a calculation of the temperature and humidity.



The heat index measures "how hot it really feels" outside.

1. Heat index of 80 to 90 degrees: fatigue during exercise is possible. Heat exhaustion is a possibility even at these temperatures.
2. Heat index of 90 to 105 degrees: heat cramps and heat exhaustion or heat stroke are possible.
3. Heat Index of 105 degrees or higher: heat exhaustion is likely and heat stroke is possible.

Be cautious when the heat index gets above 80 degrees. Consider exercising indoors. Walk around a shopping mall or do a workout DVD in your air-conditioned home.

Stop if you do not feel well. If you have any of the warning signs of heat-related illness, stop your workout right away.

How the heat hurts you

We each have our own personal air-conditioning system inside our bodies. When we get hot, we sweat. Perspiration is our body's way of cooling off. As sweat evaporates, our body releases heat. But when you get extremely hot, sweat does not evaporate. The body then has to work extra hard to keep its temperature down. In time, our bodies will be unable to rid themselves of the excess heat. This leads to a high body temperature and heat-related illness.

Recognize warning signs

The heat can take its toll on your body and make you sick. Heat-related illness can even be life-threatening. Learn how to spot signals of heat-related illness. They range from cramps and muscle spasms due to lost nutrients to more serious signs like dizziness or fainting.

Heat exhaustion is a warning sign that your body cannot keep itself cool. Heat exhaustion is dangerous and may lead to heat stroke. If you experience any of these symptoms, stop exercising immediately. Symptoms include:

- Weakness

- Dizziness
- Confusion or disorientation
- Headache
- Cramps
- Nausea or vomiting

Dehydration

Heat stroke is life-threatening. Stop exercising right away and call 9-1-1 for any of the following symptoms:

- Unusual behavior, hallucinations or confusion
- Fainting
- Seizures
- Fever of 104° F or higher

Seek immediate medical attention if the person:

- Is vomiting and unable to keep fluids down
- Has dizziness or lightheadedness
- Looks very ill or is not getting better

Heat illness is more likely to occur in people who:

- Are 65 or older
- Have chronic illnesses
- Are pregnant



Grilled Corn on the Cob

with roasted jalapeno



This fresh grilled recipe will spark your taste buds with great taste for your Fourth of July cookout.

Ingredients

- 1 jalapeño pepper
- Cooking spray
- 7 tsp. unsalted butter, softened
- 2 tsp. honey
- 1/4 tsp. salt
- 6 ears shucked corn
- Rind of 1 lime

Directions

1. Preheat grill to medium-high heat.
2. Place jalapeño on grill rack coated with cooking spray; cover and grill for 10 minutes or until blackened and charred, turning occasionally.
3. Place jalapeño in a small paper bag, and fold tightly to seal. Let stand for 5 minutes. Peel and discard skins; cut jalapeño in half lengthwise. Discard stem, seeds and membranes. Finely chop jalapeño. Combine jalapeño, butter, lime rind, honey and salt in a small bowl; stir well.
4. Place corn on grill rack. Cover and grill for 10 minutes or until lightly charred, turning occasionally. Place corn on serving plate; brush with jalapeño butter.

Nutrition Facts

Yields: 6 servings

(calories are per serving)

Calories:	124
Total Fat	5.5 g
Sodium	113 mg
Fiber	2.5 g
Total Carbs	19.2 g
Protein	3 g
Cholesterol	12 mg



Superfood of the Month

Watermelon



Watermelons are a great fruit to help you hydrate and cool down in the summer heat. Also, since it is mostly made up of water, pureed watermelon makes a refreshing drink.

Despite being mainly water and sugar, watermelons are actually a very good source of vitamin C (which provides protection against immune system deficiencies), and vitamin A (which promotes good eyesight).

The red flesh of a watermelon is also a significant source of phytochemicals, in particular, one known as lycopene. Lycopene, which is also found in tomatoes, is a nutrient with proven cancer-protection qualities.

Be smart and serve watermelon at your next outdoor outing.

Nutrition Facts

Serving Size: 2 cups

Calories:	80
Total Fat	0 g
Sodium	0 mg
Fiber	1 g
Total Carbs	21 g
Protein	1 g
Cholesterol	0 mg
Sugars	20 g



Exercise of the Month



Arm Exercises

Bicep Curl

Stand with feet shoulder-width apart, knees slightly bent and abdominal muscles drawn in. With arms straight at your sides and palms facing in toward your thighs, hold a 5 to 10-pound dumbbell in each hand. Contract your bicep to bring the right dumbbell up, rotating a quarter turn so your palm is level with and facing your right shoulder. Pause, then slowly lower to starting position; repeat with left dumbbell. Do 3 sets of 15 reps on each side.



Tricep Extension

Stand with left foot forward, knees bent. Bend slightly forward at the hips and keep abdominal muscles pulled in toward the spine. Place left hand on left thigh for support and hold a 3 to 5-pound dumbbell in your right hand. Keeping elbow bent, pull right upper arm up and back to almost parallel with the ground. Extend arm straight out behind you. (See photo for proper position). Squeeze and hold before bringing arm back in to starting position. Do 3 sets of 15 reps on each side.

Eat This... Not That...



This Fourth of July try grilling fish for your backyard barbecue instead of grilling hotdogs. Not only is fish nutritionally better for you, it also has a lot less fat and calories. Grilled cod has about 123 calories and 1.33 grams of fat per serving. A hotdog, depending on brand and size, can pack an extra 280 calories with the bun and toppings.



WELLBEING *Insights*

We would like your feedback and personal stories to use and feature in future publications.

Your Personal Wellness Story:

If you have a personal health or wellness story that you think would inspire others, please feel free to send a brief letter and your picture to our editor. Corrina@HealthierU.net

Thank you for reading and contributing. We sincerely hope that we can become a healthier part of becoming a healthier you.

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