



# In Good Health

A Health and Wellness Newsletter



July 2008

Volume 3 Issue 7

### In This Issue:

- ❖ Stay safe in the sun
- ❖ Thursdays in Rochester
- ❖ Stay fit and hydrated in the sun
- ❖ Cooling Centers
- ❖ Healthy Recipe: Beef and Pepper Kabobs

Health Observances of the Month:

UV Safety Month

Health Observances are a great way to raise awareness and educate others on health and wellness!

What can you do to help spread the message?



## STAY SAFE IN THE SUN

**W**ARM SUMMER DAYS AND OUTDOOR ACTIVITIES EXPOSE YOU TO THE SUN'S RAYS, ALSO CALLED ULTRAVIOLET OR UV RAYS. A SUNBURN OR TAN RESULTS WHEN UV RAYS DAMAGE YOUR UNPROTECTED SKIN AND MAY LEAD TO WRINKLES, SKIN SPOTS, AND SKIN CANCER. THE SAME UV RAYS THAT DAMAGE YOUR SKIN CAN ALSO HARM YOUR EYES. UV LIGHT IS AT ITS GREATEST LEVEL BETWEEN THE HOURS OF 10 A.M. TO 4 P.M. AVOID STAYING OUT IN THE SUN FOR A LONG PERIOD OF TIME DURING THESE HOURS. SOME PEOPLE ARE MORE SENSITIVE TO THE SUN THAN OTHERS. PEOPLE WITH LIGHTER SKIN COLOR, BLUE OR GREEN EYES, FRECKLES, AND HISTORY OF SKIN CANCER ARE AT HIGHER RISK OF SKIN CANCER. TO LEARN MORE ABOUT WHO MAY BE AT RISK TO DEVELOP SKIN CANCER, VISIT [WWW.CANCER.ORG/DOCROOT/PED/CONTENT/PED\\_7\\_1X\\_ARE\\_SOME\\_PEOPLE\\_MORE\\_SUSCEPTIBLE\\_TO\\_SUN\\_DAMAGE.ASP](http://WWW.CANCER.ORG/DOCROOT/PED/CONTENT/PED_7_1X_ARE_SOME_PEOPLE_MORE_SUSCEPTIBLE_TO_SUN_DAMAGE.ASP)

### Sunny Tips!!

- ❖ Wear sunglasses that block 99% to 100% of UV radiation.
- ❖ Generously apply sunscreen with a sun protective factor (SPF) 15 or higher and UVA and UVB protection at least 20-30 minutes before going outside. Apply at least one ounce of sunscreen every time and reapply every 2 hours or after swimming or sweating.
- ❖ Check your skin often for changes in the size, shape, color or feel of birthmarks, moles and spots. Such changes may be a sign of skin cancer.
- ❖ Avoid artificial sources of UV exposure, such as tanning beds.

### Did you know??

- You can get sunburned on a cloudy day.
- Just a few serious sunburns can increase your child's risk of skin cancer later in life.
- Applying two layers of an SPF 10 sunscreen only gives you SPF 10 protection, not 20.
- UV rays increase the likelihood of cataracts and may lead to macular degeneration.
- The reaction of a person to the UV light with respect to tanning or sunburning is similar regardless of the source of exposure. So tanning bed are still dangerous

## Thursdays in Rochester

### ART WALK:

Come visit downtown Rochester businesses, studios and galleries the first Thursday of EVERY month from 7-10pm for an evening of refreshments, entertainment and one-on-one conversations with local artisans.

Jul. 3, & Aug. 7, & Sep. 4, & Oct. 2, & Nov. 6, & Dec. 4, 2008

### THURSDAYS ON FIRST:

Beginning Thursday, June 19, the newly renovated Peace Plaza, 1st Avenue and Historic Third will be taken over by local artists, vendors and musicians to bring you a Summer Market & Music Festival from 11am to 8:30pm. Every Thursday through September 25, you can hear wonderful music, taste local food and see the talent of people in the surrounding areas.

## Olmsted County Public Health Services

2100 Campus Dr. SE  
Rochester, MN 55904

PHONE:  
(507) 328-7500

FAX:  
(507) 287-1492

Wondering how you can use this newsletter? Feel free to post in the staff break room, incorporate into your school, church or agency newsletter, make it part of your wellness program or send it out via email to your friends and family. Use the newsletter in its entirety or cut and paste articles of interest into your current communications.

Let us hear from you! Drop us a line on how you use *In Good Health*.  
Email:  
mix.laura@co.olmsted.mn.us

### We're on the Web!

See us at:

[www.co.olmsted.mn.us](http://www.co.olmsted.mn.us)

\*County Departments

\*Public Health Services

OR

[www.stepstohealthiermn.org](http://www.stepstohealthiermn.org)

Brought to you by Steps to a Healthier Rochester and HHS. Message does not necessarily represent the official view of HHS.



## Staying Fit and Hydrated in the Sun

When temperatures sizzle your body works overtime to compensate for the heat. This is especially true when you're exercising. Both the exercise and the air temperature raise your body temperature. To dissipate the heat, more blood circulates through your skin, leaving less blood for your muscles and increasing your heart rate, according to [www.mayoclinic.com](http://www.mayoclinic.com). Humidity can exacerbate the problem because sweat doesn't evaporate. Your natural cooling systems -- blood vessels, perspiration and your skin -- adjust to the heat. But if you're running full speed in the sun, high temperatures and humidity for too long, sunburn, heat exhaustion or heatstroke could be the consequences.

### TIPS:

- Get outdoors and active when temperatures are still in the 70s and 80s and exercise for 15 to 30 minutes; avoid exercising during the hottest parts of the day.
- STAY HYDRATED! Drink about 20 ounces of water beforehand and more afterward. One easy way to figure out how much water you should drink afterward is to hop on the scale. Drink 16 to 20 ounces of water for every pound of body weight you lose after exercising.
- Wear a lightweight, high-tech polyester shirt that pulls sweat away
- Bring something to keep the sun out of your eyes and protect your skin with sunscreen. Visors, sunglasses and sports sunscreen are all good bets.
- If you're older or not in good health, take the exercise in warmer weather especially lightly. It may take longer for your body to adapt to the heat and it is essential to do warm-up and cool down periods. Walking is a great light exercise for older people.

## COOLING CENTERS

Cooling centers provide an air-conditioned environment where people can go to cool down during a heat emergency. Spending just a few hours in an air-conditioned environment can bring down the body's core temperature and make it easier to handle the heat. **Heat Advisory** - Maximum heat index of 100 or more, or a maximum temperature of 95 or above. No duration or minimum temperature requirement. If these conditions are expected to last for four (4) days, we will consider a warning. **Excessive Heat Warning** - Maximum heat index of 105 or more AND minimum heat index of 75 or more for a 48-hour period.

In Olmsted County, Public Health, Red Cross and Emergency Management collaborate on when and where cooling centers will be available. Cooling center information will then disseminate through the media. Be sure to watch and listen for updates on cooling centers during these times.

### Beef and Pepper Kabobs

Celebrate July 4<sup>th</sup> by grilling outside. The explosive flavor of this kabob will blow you away without adding on the pounds!

#### Ingredients:

- 3 tablespoons lemon juice
- 2 tablespoons vegetable oil
- 1 large onion, finely chopped
- 1-1/2 teaspoons dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 pounds boneless beef sirloin steak, cut into 1-inch cubes
- 1 *each* medium sweet green, yellow, orange and red peppers



In a large heavy-duty resealable plastic bag, combine the lemon juice, oil, onion, thyme, salt and pepper. Add meat; seal bag and turn to coat. Refrigerate for 6 hours or overnight. Cut peppers into 1-in. squares and thread onto metal or soaked wooden skewers alternately with meat. Grill over medium heat for 12-15 minutes or until the meat reaches desired doneness, turning often. **Yield:** 6-8 servings