



Are You Summer Ready?

From CITEM Clinic

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aim that Sun-kissed Glowing Skin



- Carotenoids improve immune system and have provitamin A, antioxidant, blue-light filtering function to prevent cancer, heart disease, and skin damage.
- Carotenoid-rich food include:
 - carrots
 - tomatoes
 - peas
 - spinach
 - Sweet potatoes
 - kale
 - cantaloupe
 - papaya
 - sweet red peppers
 - yellow corn
 - watermelon
 - oranges
 - broccoli
 - avocado

use The Perfect Sunscreen

Ultraviolet radiation is a hazard to children and adults. *Avoiding sunburning, Wear appropriate clothing and wide-brimmed hats, Time activities (before 10am or after 4pm), wear protective sunglasses, and apply and reapply sunscreen.*

Double application of Sunscreen increases skin coverage

Use **broad spectrum with SPF 30** or higher



Sunscreen Explained

(selecting appropriate sunscreen)

- **Broad Spectrum:** broad spectrum protect against **both UVA** and **UVB** rays. Ultraviolet A (UVA) causes lasting skin damage, skin aging, and can cause skin cancer. Ultraviolet B (UVB) causes sunburns, skin damage, and can cause skin cancer.
- **Sun Protection Factor (SPF):** SPF is a measure of how long a person can stay in the sun before its UVB rays start to burn the skin. If your skin starts to redden in 20 mins. An SPF 30 will allow you to stay in the sun 30 times longer without getting burned.
- **Water-resistant/sweat-resistant:** the sunscreen remains effective for 40 mins or 80 mins when you are swimming or sweating.



Hydrate, hydrate and hydrate



- Start your day with a glass of water
- Choose water instead of sugar-sweetened beverages.
- Flavor water (add slices of cucumber, lemon, strawberry or mint)
- General recommendations for **women** at approximately **2.7 liters** of total water -- from all beverages and foods -- each day, and **men** an average of approximately **3.7** liters of total water

References

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