



Grandparents Corner

April 2018

Summer Safety

Summer is just around the corner. Summer's dangers are often overlooked as people try to relax. Here are some quick tips to help keep you and your loved ones safe this season. Melanoma, the most dangerous form of skin cancer, is associated with severe sunburns and harmful UVA and UVB rays. Protecting your child against sunburns early on in life is essential.

Sun Protection

- Wear protective clothing such as long-sleeved shirts and long pants.
- Wear a wide-brimmed hat that shades your face, neck and ears.
- Seek shade whenever possible.
- Wear sunscreen with a sun protection factor (SPF) of 15 or higher as well as UVA and UVB protection.
- Re-apply sunscreen regularly, especially after swimming, or drying skin with a towel.
- Wear sunglasses that block both UVA and UVB rays.
- Avoid direct sun exposure between 10:00 am and 4:00 pm when the sun's rays are strongest. When applying sunscreen, use enough to cover all exposed areas, including your child's face, nose, ears, feet and hands. Below is a list of age appropriate guidelines.

Babies

- Since their skin is too sensitive for sunscreen, it should not be used on children under six months and they should be kept out of direct sunlight.
- Use removable mesh shields on your car windows to keep UVA rays from penetrating the glass. UV film also blocks almost 100 percent of UV rays from entering your car, and can be applied to your windows without reducing visibility
- Use a stroller with a sun-protecting cover.
- The same guidelines should be followed for babies over six months, but small amounts of sunscreen can be applied to exposed areas. Look for a tear-free formula to avoid stinging if it gets in your baby's eyes.

Younger Children

- Apply SPF or higher to exposed areas. Water-resistant, spray-on products work good for active children who don't want to sit still while you apply a lotion.
- Work with your child's daycare or school to ensure sun safety precautions are taken when outside.
- Teach your child the importance of good sunscreen habits.

Teens

- Talk to your teen about the risks of tanning booths. Remind them that UVA rays are the dominant tanning ray, so it is important to remember that although a tan may not hurt, it can eventually lead to skin cancer.
- Encourage the use of protective sunglasses.

Source: Ohio Department of Health

Managing blood glucose, as well as blood pressure and cholesterol, can help people with diabetes avoid serious medical problems. After reading this issue, answer True or False to the questions below.

1. Smoking is not a problem for people with diabetes. T F
2. Diabetes will not lead to serious health problems such as heart disease, blindness, kidney damage, and lower limb amputation. T F
3. Diet is very important in the treatment of diabetes. Carefully checking food labels is an important way to find hidden sugars in packaged food. T F
4. People with diabetes have too much sugar in their blood. T F
5. Eating regular, balanced meals that include carefully measured portions can help keep diabetes under control. T F
6. Insulin is given to help control blood sugar levels. Lowering blood pressure and cholesterol levels also helps. T F
7. People with diabetes should eat candy, donuts, and other desserts for energy. T F
8. In Type 1 diabetes, the pancreas doesn't produce insulin so there is no way for the sugar to get into the cells. T F
9. The feet of people with diabetes must be checked every day, because high blood sugar can cause nerve damage, which leads to loss of feeling. T F
10. Some of the symptoms of diabetes are feeling very thirsty, urinating frequently, and tingling in the feet. Sometimes there are NO symptoms. T F

KEY: 1. F 2. F 3. T 4. T 5. T 6. T 7. F 8. T 9. T 10. T