

Are You Sun-Safe Every Day?

Source: The American Cancer Society Sun Safe Quiz

True or False?

Q. If I'm wearing sunscreen, I can stay in the sun as long as I want.

A. It's not smart to broil in the sun for several hours, even if you are wearing sunscreen. These products don't provide total protection from ultraviolet (UV) rays. The American Cancer Society recommends that people seek shade and limit time in the sun at midday. Also, cover up with a shirt, wear a wide-brimmed hat, use a sunscreen rated SPF 15 or higher, and reapply it about every 2 hours. And don't forget sunglasses for eye protection. *false*

Q. It's safe to let my children stay in the pool all day if they slip on a T-shirt after a couple hours and reapply sunscreen to their faces, arms, and legs.

A. UV rays easily go through a white cotton T-shirt, especially if it's wet. Your children will get only about as much protection as an SPF 4 sunscreen—certainly not enough for all day and well below the minimum of SPF 15 recommended by the ACS. Better clothing choices include dark colors, fabrics with tight weaves, and specially treated garments and bathing suits. Sun-protective clothing is often found at sporting goods stores. Another good choice is moving into the shade. For babies younger than 6 months, shade, sun-protective clothing, and hats are best. As a last resort, pediatricians now say that very small amounts of sunscreen can be used on small areas, such as the face and back of the hands. *false*

Q. Getting a "base tan" at an indoor tanning salon is as good way to prevent sunburn when I go to the beach later this summer.

A. Our experts say a "base tan" gives you very little protection against sunburn. And that goes for indoor tans, too, which provide a sun protective factor of about 4, much less than most sunscreens. **A base tan may, in fact, increase the chance you'll get a burn, because you're likely to stay out longer without properly protecting your skin. Also, tanning itself injures the skin.** What you don't see is UV damage to deeper layers, where it builds-up from every tan and burn you've ever had. There really is no such thing as a "safe tan". *false*

Q. A sunscreen labeled SPF 30 blocks twice as much UV radiation as one labeled SPF 15.

A. The Sun Protection Factor (SPF) describes how long a product will protect your skin, if you apply the sunscreen correctly. Fair-skinned people begin to burn in about 15 minutes on a sunny day, so wearing an SPF 15 sunscreen (if applied and reapplied properly) would prevent sunburn for about 225 minutes (15 SPF x 15 minutes until sun burn= 225), or 3 hours and 45 minutes.

The SPF 30 sunscreen should last for 450 minutes (30 x 15 = 450), or 7 hours and 30 minutes. In practical use, you'll need to reapply sunscreen every 2 hours. Be sure to choose a broad spectrum product that blocks UVB and UVA light and use a lot. *false*

The American Cancer Society recommends that people seek shade and limit time in the sun at midday.



Multiple Choice

Q. How often do you need to reapply water-resistant sunscreen?

- Every 2 hours or sooner
- After sweating or swimming
- After you towel dry
- All of the above

A. For best results, most sunscreens need to be reapplied about every 2 hours or sooner, but be sure to check the label. Sunscreens labeled "water resistant" are made to protect you when swimming or sweating, but may only last for 40 minutes. Also, remember that sunscreen usually rubs off when you towel dry. *all of the above*

Q. What are the two most common (and painful!) sunscreen mistakes?

- Choosing an SPF below 15 and missing spots
- Using too little and waiting too long to reapply

A. About 1 ounce of sunscreen (a 'palmful') should be used to cover the arms, legs, neck and face of the average adult. For best results, most sunscreens must be reapplied at least every 2 hours and even more often if you are swimming or sweating. Products labeled "waterproof" may provide protection for at least 80 minutes even when you are swimming or sweating. Products that are "water resistant" may provide protection for only 40 minutes. To be safe use a lot of sunscreen and use it often. *using too little and waiting too long*

WELLNESS NEWSLETTER

Summer 2009

Diet, Nutrition & Exercise

Spokane Valley Fire Department



The My UHC Health Assessment

Benefits For You and SVFD

There are many benefits to taking the My UHC Health Assessment both for you and the department. The Health Assessment, administered by the University of Michigan, gives you a snapshot of your current health status and a Health Improvement Plan to guide you. It will also let you know which preventive exams, x-rays or immunizations you may need. It takes just 15 short minutes and when you're done, you receive instant feedback and home page personalization based on your interests and health needs. To get the best results from the questionnaire, have health information ready such as your blood pressure, cholesterol levels and approximate date of your last doctor visit and immunizations.

There are several benefits to the department too! My UHC tracks how many take the assessment and gives SVFD an aggregate report that is in compliance with all federal and state HIPAA privacy laws. The report is completely scrubbed of any identifying information and gives information on what SVFD members are interested in learning, the top health risks for our members and other information useful for planning wellness activities and health campaigns. In the long-run, this tool helps our members become wise consumers of health care because they better understand their own health and helps SVFD maintain competitive benefits by supplying programs and education that members want and need.

To take the health assessment, log onto www.myuhc.com and click on the Health and Wellness tab then click on Take a Health Assessment.



Inside:

Fiscal Fitness:
Tax Planning

Protect Your Skin

Picnic Perfect

Recipe:
Low-Cal Lettuce Wraps

Fast Facts:
LOD Injuries
Swine Flu
Antioxidants

Sun Safety:
American Cancer
Society Quiz

Fiscal Fitness

Tax Planning: Steps Through The Year

Source: The National Endowment for Financial Education (NEFE) at www.nefe.org

JANUARY

Review and organize your W-2s, 1099s, and other tax documents as they come in.

FEBRUARY

Find a qualified tax preparer. Or, if you prepare your own form, read this year's rules and instructions.

MARCH

Complete and review your tax form. If you expect a refund, send it in as soon as possible. If you owe taxes, send in the form and

your check just before April 15. Now is the time to file an extension if you won't complete your form on time.

APRIL

Make a copy of your form and review your sources of taxable income, deductions and credits, etc. for ways to save on taxes in the future.

MAY

Investigate ways to reduce your taxable income such as making additional contributions to an employer-sponsored

retirement plan.

JUNE

Investigate ways to increase your deductions. Would it make sense for you to buy a home if you are now renting?

JULY

Find out if you are eligible for any other tax credits.

AUGUST

Make sure you're keeping accurate records for your income, deductions, and credits.

SEPTEMBER

Estimate your tax liability for the year and adjust your withholding if necessary.

OCTOBER

Review year-end tax planning savings.

NOVEMBER

Make note of any changes that affect your tax picture.

DECEMBER

Complete purchases and other details for year-end tax planning by December 31.

Protect Your Skin

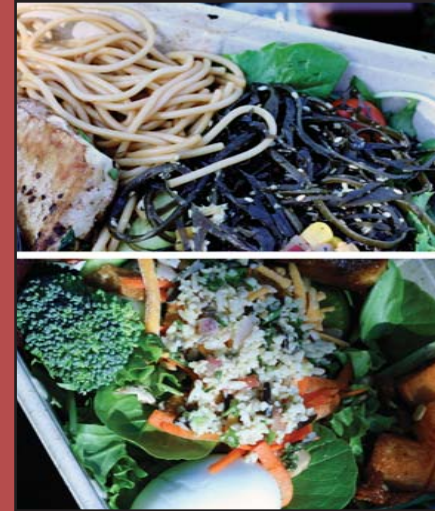
Unlike other industries or occupations, firefighting takes place in a chaotic, uncontrolled environment surrounded by toxic dangers. Personal protective equipment may be inadequate to protect a firefighter. Working in the fire service, the average firefighter has an increased risk for many types of illnesses and injury, including cancer. It is vital that there is protection when a known exposure will occur. Practicing sun safety habits when outdoors is key to protecting skin and lowering skin cancer risk. The American Cancer Society recommends the following:

- Slip!Slap!Slap!®: Slip on a shirt made of tightly woven material, slap on sunscreen with a sun protection factor (SPF) of 15 or higher, and slap on a wide-brim hat
- Shield your eyes by wearing sunglasses with 99-100% UV absorption
- Stay out of the sun between 10 a.m. and 4 p.m. when UV rays are the most intense
- Avoid tanning beds and sun lamps

which provide an additional source of UV radiation and can be just as dangerous as the sun.

It is also recommended to become familiar enough with skin to notice the normal patterns of moles, freckles, or other spots, to catch anything suspicious early. Skin cancer often starts with a change on the skin, especially in the size or color of a mole or other darkly pigmented growth or spot. Melanoma – the most serious form of the disease – usually begins as a small, mole-like growth that increases in size and changes color. A simple ABCD rule outlines the warning signs of melanoma:

- **A is for asymmetry:** One half of the mole does not match the other half.
- **B is for border irregularity:** The edges are ragged, notched, or blurred.
- **C is for color:** The pigmentation is not uniform, with variable degrees of tan, brown, or black.
- **D is for diameter:** The mole is more than six millimeters (about ¼ of an inch) wide.



Picnic Perfect

Summer is here! Break out the grill at home and at the station! Follow these food safety tips to help stop the bacteria that cause vomiting, diarrhea, and the other intestinal symptoms associated with food-borne illnesses:

- Discard any food that has been left out longer than two hours. Bacteria begin to grow quickly after two hours.
- Take just enough food so you don't have to worry about leftovers.
- Thoroughly chill any precooked foods before you put them in a cooler.
- Be extra careful with salads that use mayonnaise. Cool cooked ingredients (like chicken, eggs, or potatoes) to 40°F before mixing with mayonnaise. Eat take-out foods like fried chicken within two hours, or buy them ahead of time and chill before putting in coolers.
- Put the cooler inside your air conditioned car, not the trunk. Keep it in the shade at the picnic site. Pack foods that you plan to eat first on top to cut down on openings and closings. Use a separate cooler for drinks.
- Never put cooked meat on surface that held raw meat unless the surface has been thoroughly washed with soap and water.
- Cook meats to the proper temperature: burgers (well-done), ribs, and hot dogs to 160°F; whole chicken to 180°F; ground poultry or chicken breasts to 170°F.

Sources: Iowa State University Extension Food Safety Project; National Digestive Diseases Information Clearinghouse

Recipe

Low-Calorie Lettuce Wraps

Quick, cool, and nutritious!

4 large leaves of Boston or green leaf lettuce

6 oz. skinless, oven roasted chicken breast

1 / 2 cup diced tomatoes

4 tsp. diced red onions

5 tsp. fat-free ranch dressing

Lay the lettuce leaves flat. Place thinly sliced chicken slices on first. Then add red onions and layer with tomatoes. Add ranch dressing. Tightly roll up lettuce leaf and enjoy. Makes 4 wraps.

Per wrap: 118 calories, 1 g fat, trace saturated fat, 2 g protein, 5 g carbohydrate, 1 g dietary fiber, 161 mg sodium.



Fast Facts

Line of Duty Injuries

In a recent study by the IAFF on Line of Duty (LOD) Death and Injury, the majority of LOD injury cases are male (94.9%). For the years and cases included in the study (3,450), more firefighter LOD injury occur in firefighters with less than 6 years of service (30.7%) and in those with between 11-20 years of service (31.9%). The majority of firefighters injured are between the ages of 36-45 (39.4%). According to rank, more firefighter LOD injury occurs in the rank of firefighter (72.1%) than in any other rank. The leading type of injury received during fire ground operations was strain, sprain or muscular pain. Read the complete report at <http://www.firerescue1.com/data/pdfs/iaffinjuryreport.pdf>

Swine Flu

You may have heard of the H1N1 strain of Influenza A and the fear that it may turn into a pandemic. At the recent Phoenix Symposium, the IAFF announced that the concern is real and it has placed resources regarding how to handle situations where H1N1 is suspected and general information to protect you and your family on and off the job. You can find them at <http://www.iaff.org/et/pandemicflu/index.htm>. One way to protect yourself from seasonal influenza is to get a flu-shot. SVFD will be having a flu-shot clinic this fall when vaccine becomes available. Watch for more information this fall.

Antioxidants and Inflammation

If you can raise the amount of antioxidants in cells, you may soak up enough free radicals to make a long-term difference by preventing inflammation and possibly preventing disease. Common antioxidants that are abundant in fruits and vegetables are Vitamins C and E, Carotenoids, and Selenium.

Source: Chris Spooner NMD Cellular Fire Suppression, Phoenix Symposium 2009.

