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Summer Travel? Have Fun & Be Safe!

Summer is a great time for families to travel. It can be a chance to get away from the daily grind and offers opportunities for children and parents to experience new places together. Here are some quick tips to help you stay safe during your summer travels:



Home Safety Reminders

- Remind children not to advertise your house may be empty by posting plans or vacation photos to social media while traveling. Advise them to wait until returning to share experiences with friends and family.
- Set timers in the home to have lights turn on and off.
- Stop the mail. It is a free service and can be done online through USPS.
- Have a family member or neighbor keep an eye on the house – pick up flyers etc.

Travel Safety Suggestions

- Plan ahead. Summer can be wonderful for spontaneity, but having reservations and a plan can help everyone enjoy a more relaxing time.
- Take your child's safety seat with you when flying. Always have children seated in the middle or near the window. The aisle seat can be challenging with all the traffic.
- Limit packing, especially if flying. Remember, getting through security can be a challenge in the best of circumstances. You will need to keep track of everything you have with you: laptops, games, carry-on luggage, etc.
- Do be certain to pack essential items in a carry-on bag: all medication, change of clothes, bathing suits, personal necessities, etc.
- Carry along a small first-aid kit so that you can deal with any minor bumps and scrapes.

Skin Health: Summer Sun Safety Tips

Between sun-seeking behaviors and tanning bed usage, the incidence of skin cancer – especially melanoma – is on the rise. And with the sunniest season upon us, we want to help you brush up on skin safety tips.

"We cannot control genetics, but we can control what we do in terms of our behaviors," says Pranav Sheth MD, a dermatologist at Group Health – a TriHealth Physician Partner, and director of the Dermatology Research Center of Cincinnati.



Be Proactive: Six Ways to Protect Yourself

"Sun protection involves several different things. Many people think of sunscreen, but that's not the only way to get sun protection," Dr. Sheth explains. He recommends:

1. Wearing sunscreen with an SPF of 30 that protects against UVA and UVB rays
2. Avoiding direct, excess sunlight between the hours of 10 a.m. and 4 p.m.
3. Wearing sun-protective clothing, including long sleeves, collared shirts, and wide-brimmed hats
4. Reapplying sunscreen every two hours, or after swimming, sweating or exercising
5. Performing self-examinations once a month
6. Visiting a dermatologist once a year

Some people are more prone to developing skin cancer, especially those with blonde or red hair, blue eyes, fair skin, a family history of skin cancer, and a history of sunburns.

Know What to Look for with Your Skin: Self-Examinations

Self-exams should be performed once a month in front of a full-length mirror to look for changes in every area of one's skin.

Dr. Sheth suggests seeing your dermatologist if you notice a mole or freckle:

- That is new, growing or changing over a short period of time
- With an irregular border or color, especially dark brown or black
- That is larger than a pencil eraser

New FDA Guidelines

Thanks to new guidelines by the U.S. Food and Drug Administration (FDA), it is now easier to choose an effective sunscreen. The new FDA guidelines require standardized testing and labeling.

The new standards prohibit companies from marketing sunscreens as "water proof" because this may embellish performance, and labels must now indicate whether a sunscreen protects against UVA rays that are primarily linked to skin cancer and wrinkles.

"We know that UVA also causes skin cancer and what we call 'photoaging.' Photoaging is the constellation of wrinkling, dark spots – the leathering look – or thickening of the skin that some people get," Dr. Sheth explains.

"One can't undo skin damage; however, one can reduce new damage and possibly the progression of skin damage with good sun protection measures," he says.