



A Healthy You WIN Newsletter

Special points of interest:

- July is UV Safety Month
- August is National Immunization Awareness Month
- With September comes Fruit and Veggie More Matters Month!
- September is Nat'l Alcohol and Drug Addiction Recovery Month

UV Safety — Protect Your Skin and Eyes

You've heard about it, but what do you know about ultraviolet (UV), or invisible radiation rays — and the safety precautions you should follow? Although sun is the source of UV rays, tanning beds and "sun lamps" produce similar rays which result in an increased pigmentation of the skin.

Small amounts of sun result in a sunburn if you are not careful. Long-term effects of sun exposure include damage to the skin by weakening the immune system that keeps skin healthy. The results of too much sun exposure can include a leather-like texture to the skin, spots of pigmentation, added wrinkles and an increased risk for more permanent damage. In case this isn't enough to make you think about protection from UV damage, think about the potential risk to your eyes — such as vision loss cause by cataracts!



Everyone is at risk for UV damage, but the risk increases if you have a family history of skin cancer, have red, blonde or light-brown hair or have fair skin. Others at risk are people on certain medications with side effects that can be triggered by sun exposure. This is a time to read the labels and talk with your Giant Eagle® pharmacist. Some medications actually increase the skin's sensitivity to UV rays. There are also some cosmetics that increase your sensitivity, particularly those with alpha hydroxy acids (AHA's).

Source: http://www.accessexcellence.org/HHQ/HRC/HF/uv_safety_2009.php

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Here are some of the main points in the FDA's new sunscreen rules:

- Sunscreens may be labeled "broad-spectrum" if they provide protection against ultraviolet A (UVA) and ultraviolet B (UVB) radiation.
- Only broad-spectrum sunscreens with a Sun Protection Factor (SPF) of 15 or higher can state that they protect against skin cancer if used as directed with other sun protection measures.
- Sunscreens with an SPF of 2-14 will be required to have a warning stating that the product has not been shown to help prevent skin cancer or early skin aging.
- The terms "sunblock", "sweatproof" and "waterproof" are no longer allowed on sunscreen labels.
- A sunscreen may claim to be "water resistant"; however, the product must specify if it offers 40 minutes or 80 minutes of protection while swimming or sweating, based on standard testing. Sunscreens that are not water resistant must include a direction instructing consumers to use a water resistant sunscreen if swimming or sweating.
- Sunscreens cannot claim to provide sun protection for more than two hours without reapplication.
- Sunscreen manufacturers will have one year to comply with the FDA ruling; smaller companies will have two years.
- The ingredients in sunscreens marketed today have been used for many years and FDA does not have any reason to believe these products are not safe for consumer use.

Source: <http://www.skincancer.org/>

Get Your Shots, It's National Immunization Awareness Month



During August, parents are enrolling their children in school, students are entering college and healthcare workers are preparing for the upcoming flu season. This makes August, National Immunization Awareness Month, the perfect time to remind family, friends, co-workers and those in the community to catch up on vaccinations.

Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date with the recommended vaccines, individuals can protect themselves, their families and friends and their communities from serious life-threatening infections.

Vaccines are responsible for the control of many infectious diseases that were once common in this country. They have reduced, and in some cases, eliminated many diseases that once killed or harmed tens of thousands of infants, children and adults.

Recommended vaccinations begin soon after birth and continue throughout life. It's important to get the right vaccines in the right doses at the right time. Being aware of the vaccines that are recommended for infants, children, adolescents, adults of all ages and seniors ensures that everyone receives these immunizations on schedule. On www.immunize.org/catg.d/p4050.pdf one can find vaccines recommended for children and teens.

Source: <http://www.hanscom.af.mil/news/story.asp?id=123216402>

VACCINE ▼	AGE GROUP ►	19–26 years	27–49 years	50–59 years	60–64 years	≥65 years
Influenza ^{1,*}		1 dose annually				
Tetanus, diphtheria, pertussis (Td/Tdap) ^{2,*}		Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 years				
Varicella ^{3,*}		2 doses				
Human papillomavirus (HPV) ^{4,*}		3 doses (females)				
Zoster ⁵					1 dose	
Measles, mumps, rubella (MMR) ^{6,*}		1 or 2 doses		1 dose		
Pneumococcal (polysaccharide) ^{7,B}		1 or 2 doses				1 dose
Meningococcal ^{9,*}		1 or more doses				
Hepatitis A ^{10,*}		2 doses				
Hepatitis B ^{11,*}		3 doses				

* Covered by the Vaccine Injury Compensation Program



For all persons in this category who meet the age requirements and who lack evidence of immunity (e.g., lack documentation of vaccination or have no evidence of previous infection)



Recommended if some other risk factor is present (e.g., based on medical, occupational, lifestyle, or other indications)



No recommendation

Source: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6004a10.htm>



fruits & veggies
**more
matters**®



September Brings National Fruits & Veggies-More Matters Month 5 is Good, More is Better!

So you've been trying to eat right, working to fit in your "5 a day" servings of fruit and vegetables. Well, the government has some news for you: Forget five a day. More is better. The CDC and the Produce for Better Health Foundation have launched a national campaign with the message, "Fruits & Veggies -- More Matters."

The new slogan replaces the old "5 a Day" campaign, which dates back to the early '90s. The reason? Under the U.S. government's latest food guidelines, five servings of fruits and vegetables may not be enough. Adults need anywhere from 7-13 cups of produce daily to get all the health benefits of fruits and vegetables -- including possible protection against obesity, heart disease, type 2 diabetes, and cancer.

Parents are usually concerned that their kids don't eat enough fruits and vegetables. Fruits & Veggies -- More Matters Month, which the CDC and their partners observe each year in September, is a great time to get your kids interested in eating fruits and vegetables more regularly.

Tips for getting kids to eat more fruits and vegetables can include:

- Offering your kids fresh fruit or raw vegetables as a snack.
- Adding a favorite fruit, such as strawberries, blueberries, or bananas, as a topping to cereal, waffles, pancakes, and yogurt, etc.
- Ordering vegetable toppings when you get pizza.
- Adding lettuce, tomato, and other veggies to sandwiches.
- Drinking fruit smoothies made with low-fat yogurt.
- Offering your kids two vegetables with dinner and a serving of fruit for dessert.
- Encouraging your kids to pick their own fresh, in-season fruits and vegetables, which this time of year, can include broccoli, carrots, snow peas, squash, apples, bananas, grapes, oranges, and pears, etc.



Sources: 1. <http://shapingamericasyouth.files.wordpress.com/2010/04/fruits2020veggies20more20matters20logo.jpg>
2. <http://pediatrics.about.com/b/2010/09/26/fruits-veggies-more-matters-month.htm>
3. <http://www.webmd.com/food-recipes/features/fruits-veggies-more-matters>

JOIN THE VOICES FOR RECOVERY

RECOVERY BENEFITS
EVERYONENational
Recovery Month
Prevention Works • Treatment Is Effective • People Recover
SEPTEMBER 2011

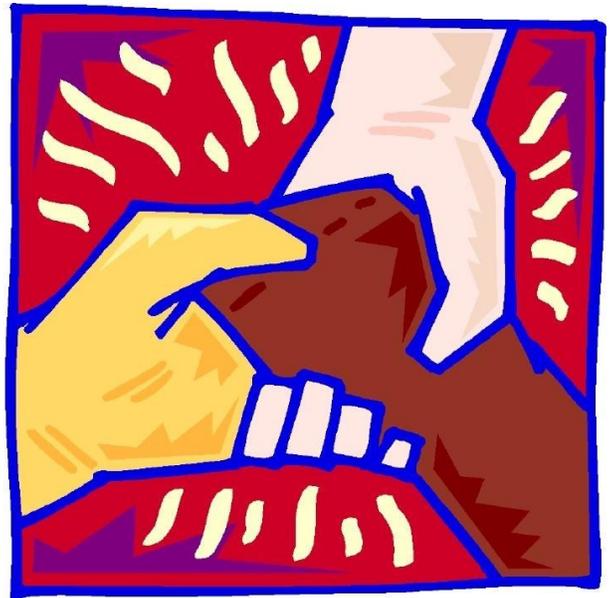
Recovery Month, now in its 22nd year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery and also honors the treatment and recovery service providers who make recovery possible. **Recovery Month** promotes the message that recovery in all its forms is possible and also encourages citizens to take action to help expand and improve the availability of effective recovery services for those in need.

Celebrated during the month of September, **Recovery Month** began in 1989 as TreatmentWorks! Month, which honored the work of the treatment and recovery professionals in the field. The observance evolved to **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** in 1998, when the observance expanded to include celebrating the accomplishment of individuals in recovery from substance use disorders. The observance is evolving once again in 2011, to include all aspects of behavioral health and will now be known as **National Recovery Month (Recovery Month)**.

Each September, thousands of treatment and recovery programs and services around the country celebrate their successes and share them with their neighbors, friends, and colleagues in an effort to educate the public about recovery, how it works, for whom, and why. There are millions of Americans whose lives have been transformed through recovery. These successes often go unnoticed by the broader population; therefore, **Recovery Month** provides a vehicle to celebrate these accomplishments.

The 2011 **Recovery Month** observance aims to educate the public on the positive changes that national health care reform will have on access to needed recovery services for substance use and mental disorders. **Recovery Month**, officially celebrated each September, has become a year-round initiative that supports educational outreach and celebratory events throughout the year.

Currently 140 Federal, State and local government entities, as well as non-profit organizations and associations affiliated with prevention, substance use and mental disorders, comprise the **Recovery Month** Planning Partners' group. The Planning Partners assist in the development, dissemination and collaboration of materials, promotion and event sponsorship for the **Recovery Month** initiative.



Source: <http://www.recoverymonth.gov/>

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