

The UConn Buzz

MAY
2016



Sunny Skies, Healthy Skin!

With the warm weather approaching, it's time to start taking preventative measures in order to protect our skin. Keep these simple steps in mind the next time you soak in the sunshine – your skin will thank you!

<p>Use a sunscreen with an SPF of 15 or higher. To achieve full protection, you need to apply about one ounce of sunscreen (enough to fill a shot glass, or about the size of your palm) and be sure to reach the top of your ears, head, neck and feet.</p>	<p>Reapply sunscreen every two hours (or more often if you swim or do activities that make you sweat).</p>	<p>Wear sunglasses! They protect your eyes from UV rays and reduce the risk of cataracts. Wearing bigger glasses also protects the skin around your eyes.</p>	<p>Hats and clothing made with tightly woven fabric offer the most protection from the sun.</p>
	<p>Look for “broadband” sunscreens — this means they protect against both UVA and UVB rays.</p>	<p>Don't forget your lips! Apply a lip balm with an SPF of 15 or higher.</p>	<p>Do not use tanning beds! If you want to look tan, consider using a self-tanning product like a bronzer or sunless tanning lotion.</p>

The ABCDE Rule

Regularly inspect your skin for spots that could be cancerous. **Early detection** can help prevent the onset of cancer and can also be **highly treatable** if caught in time. Use the **ABCDE** rule to check moles/spots.



<p>A = Asymmetry; is one half different than the other?</p> <p>B = Border; is there an irregular, scalloped or undefined border?</p> <p>C = Color; does it vary in one area to another from shades of brown, tan, black, white, blue, or red?</p> <p>D = Diameter; is the size greater than 6mm?</p> <p>E = Evolving; is the mole or lesion on the skin changing over time?</p>
--



NON-TOXIC SUNSCREEN

Keep your eye out for **antioxidants** like **Vitamin C & E** or **green tea extract**. They will provide you with extra protection!

Steer clear from **retinyl palmitate** (or any form of **retinol**). Retinol breaks down in the sun and can cause **excess skin growth** and **aging**.

Find a sunscreen with the words **zinc oxide** or **titanium dioxide**. Being a **natural** source of protection, they'll provide a fast-paced physical barrier from you and the sun!

Avoid chemicals such as **oxybenzone, octinoxate & PABA!** They can cause **allergic reactions** and have been linked to **hormone related activities**.

Try using **these brands!**



ASK BE WELL

This Month's Question:

What are some ways to improve mental health in the springtime?

Spring is a great time of year to improve mental health!! Studies are now showing that literally playing in the dirt, such as doing some gardening,

can increase serotonin

levels leading to less depression and anxiety.

Getting fresh air and sunshine, staying organized, spending time with family and friends, and eating healthy may also help improve mental health. **Click here to learn**

more!



Be Well is an employee wellness program provided through Eastern Highlands Health District with funding from the CT Dept. of Public Health. The goal of the program is to make the healthy choice the easy choice. **Phone:** 860.429.3361 **Email:** be_well@ehhd.org

Click here for sources of this Buzz



Eat With the Seasons



Roasted Rhubarb Salad

Spotlight On: Rhubarb

Rhubarb is abundant this time of year and is packed with health benefits. It contains infection-fighter Vitamin C and antioxidant

Vitamin A. Additionally, it contains important minerals such as calcium and potassium to help us stay in balance. **For ways to use rhubarb click here!**



Tequila Glazed Grilled Shrimp

Springtime Dinners in 30 Minutes or Less

For many of us spring is an extremely busy time of year. By preparing some food in advance, such as chopping vegetables, grilling extra protein (chicken, fish, etc.) on the grill on a Sunday, or batch cooking

some grains you will have a healthier, more energized and stress-free week! **Click here for some "30 Minutes or Less" recipe ideas!**



Sweet Potato and Black Bean Burritos



Happening Around Town!

- **From bird watches to family hikes to farm visits, there's always something for you to enjoy in Eastern Ct to help you stay active and healthy! Click here to learn more.**



Lyme disease is an ever-present concern in Eastern Connecticut.

You're invited to join a FREE Lyme Disease Awareness Panel discussion on Sunday May 22nd from 3:30-5pm. Click here to learn more!