



Healthy Skin Care Tips

Getting Ready for the Summer Heat

Are you ready for the summer heat? More importantly, do you protect yourself from the sun during the summer. Sun protection is essential to skin care prevention. About 90 percent of non-melanoma skin cancers and 65 percent of melanomas are associated with exposure to UV radiation from the sun.



Why Should You Wear Sunscreen?

- ⇒ Your body needs shielding from the harmful rays
- ⇒ Skin cancer rates are on the rise and sunscreen has been proven to decrease the development of skin cancer
- ⇒ Helps to prevent facial brown spots and skin discolorations
- ⇒ Helps to reduce the appearance of facial red veins and blotchiness
- ⇒ Slows down the development of wrinkled, premature aging skin

Sand Run's Preferences on Sunscreen

Meg's Pick: *Aveeno*

Jason & Tom's Pick:

- | | |
|-----------------------------------|----------------------------------|
| ⇒ Great coverage | <i>Neutrogena</i> cream or spray |
| ⇒ Not greasy | ⇒ Waterproof |
| ⇒ Doesn't smell and no break outs | ⇒ Easy and quick to apply |

Remember to protect your lips!



Preventing Skin Cancers

Skin cancer is the most common form of human cancers, affecting more than one million Americans every year. One in five Americans will develop skin cancer at some point in their lives. Skin cancers are generally curable if caught early.

Step by Step Self Examination

- ⇒ Examine your body front and back in the mirror, then look at the right and left sides with your arms raised.
- ⇒ Bend elbows and look carefully at forearms, upper underarms and palms.
- ⇒ Look at the backs of your legs and feet, the spaces between your toes, and the soles of your feet.
- ⇒ Examine the back of your neck and scalp with a hand mirror. Part hair for a closer look.
- ⇒ Finally, check your back and buttocks with a hand mirror.



Importance of Vitamin D

We get Vitamin D naturally from the sun, but in Northeast Ohio, the weather and the use of protective sunscreen can cause many of us to have low Vitamin D levels. Vitamin D is one of many nutrients our bodies need to stay healthy. It helps the body absorb calcium, and keeps bones strong and healthy. Vitamin D also helps protect against infections and other illnesses. Vitamin D is produced when your skin is exposed to sunshine. The amount of Vitamin D that your skin makes depends on the season, time of day, and where you live. The daily recommended intake for ages 9 to 70 years old is 600IU. Check out our Good Neighbor Pharmacy Vitamin D!



***For further information consult with your friendly pharmacist about your vitamin D intake and or any other health questions.



Don't Forget to Keep Hydrated This Summer

With summer beginning its welcome approach across North America, thousands this year will soak up the rays and the heat. And in the summer, hydration is especially important. Here's some easy ways to be certain that you and your loved ones will stay properly hydrated!



Plan Ahead

⇒ Bring a water bottle

Mix It Up

- ⇒ Smoothies are hydrating too
- ⇒ Try to avoid natural diuretics: caffeine, alcohol, and tea

Don't Just Drink Your Water—Eat It Too

- ⇒ Watermelon, Melon, and Strawberries
- ⇒ Celery, Cucumbers, and Lettuce

Remember The Electrolytes

⇒ Gatorade and other sports drinks offer a very simple solution to a problem that often accompanies dehydration

Who Doesn't Love Popsicles?

- ⇒ Cool, sweet, and they quench thirst
- ⇒ Great option for children

Remind Yourself To Drink Enough Water

⇒ Program it into your schedule, set reminders, and add it to your to do list

Jug It

⇒ Get a nice big jug of water and take it with you wherever you go, for you and your pets

Holiday Hours:

- Friday, July 3rd: 9am to 7 pm
- Saturday, July 4th: Closed**
- Sunday, July 5th: Closed
- Monday, July 6th: 9am to 7pm

Now Available at Sand Run Pharmacy!



Summer Tips for Pet Owners

With each summer getting hotter and hotter, it is important to be aware of the temperature of the asphalt when walking your pet.

- ⇒ Check the temperature of the ground
- ⇒ Stand barefoot or press the back of your hand firmly against the asphalt for 7 seconds... if it's not comfortable for you, it's too hot for your dog
- ⇒ Do not walk dogs on hot blacktop or pavement... walk them in the grass
- ⇒ Don't forget to bring water for your pooch also



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