



July 2010

We Care about Your Health

Sun Safety

Summer is here, the sun is shining, it is warm. With the warm weather, comes the need to protect yourself. Most of us are aware of the benefits of using sunscreen. This helps prevent skin damage, but more importantly - skin cancer.

Also be aware that if you are elderly, certain medications or problems with your lungs, kidneys or heart could increase your risk of heat stroke. Because dehydration and heatstroke go hand-in-hand, a tall glass of lemonade or water while out in the sun may be just what the doctor ordered!

Symptoms of dehydration can range from thirst and fatigue, to the more serious symptoms of headache, nausea and confusion.

Heatstroke symptoms are the same as dehydration, but more exaggerated. These symptoms need to be treated with IV fluids in an emergency room.

Here at the Martinsburg VA Medical Center we're on your side. Enjoy the sun this summer but be smart about it.

We care about your health!

As you enjoy the outdoors this summer remember these tips:

- Avoid working in the heat of the day
- Wear a hat and sunglasses
- Wear sun protective clothing
- Apply sunscreen 30 minutes before going out in the sun. Don't forget your nose, ears, lips and feet
- Reapply sunscreen every 2-3 hours or more often if you're sweating heavily
- Drink at least 1 liter of fluids every hour while exercising or working in the sun.
- Watch those overcast days too! Remember that 2/3 of harmful UV rays can get through on cloudy days, causing sunburns and damaging your skin.

"Honor America's Veterans as Heroes by Providing the Highest Quality Health Care"

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