

THINK **act** be healthy



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Sun Protection

The sun is shining brightly. It's a perfect day to head to the beach and get a healthy tan, right? **Wrong!**

There is no such thing as a healthy tan. A tan is actually a sign of skin damage. The ultraviolet rays that turn skin dark also cause premature aging and skin cancer. To stay healthy, protect your skin from the sun's damaging radiation.

Select the Right Sunscreen:

- Sunscreens are rated by their ability to block radiation – their sun protection factor (SPF)
- SPF 15 means 15 times as much protection (ie. If your skin turns red after 20 minutes in the sun, an SPF 15 sunscreen will prevent sunburn for 15 times as long – 300 minutes/5 hours).

Use Sunscreen Properly:

- Apply at least 20 minutes before going out in the sun; sunscreen must be absorbed into the skin
- Use a generous amount and rub it in thoroughly
- Read the labels carefully; sunscreens protection times vary
- Reapply periodically and after swimming or perspiring, even when using waterproof products
- Use your sunscreen all year long, even in cloudy or foggy weather.

Your PROfile Pharmacist will be happy to answer your questions about sun protection and help you select a sunscreen.



Food for Thought...

Sobeys Dietitians Have a World of Healthy Ideas for You

Smart Snacking

Snacking has become a way of life. The best snack choices come from the four food groups in Canada's Food Guide because they provide nutrients you need to stay healthy. Healthy snacks can bridge the gap between meals, give you energy, help you stay focused and may prevent over-eating later in the day.

- Put snacks on your grocery list so you will have healthy foods on hand.
- Try new snacks so you don't get bored.
- Take healthy snacks from home to eat at school, work, or on the run so you will be less tempted by unhealthy snacks.



Your PROfile Pharmacist has many health education resources and is always available to discuss your health concerns!



Body & Mind

Cheerfulness is the best promoter of health and is as friendly to the mind as to the body.

Joseph Addison

<http://quotations.about.com/cs/inspirationquotes/a/Health4.htm>

Completed Your Online Personal Health Risk Assessment Yet?
Go to www.mhcsibenefits.ca