



# Summer Health Awareness

## Factsheet

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## *Why protect from the sun?*

### **Harmful rays**

Ultraviolet (UV) radiation from the sun and tanning beds can cause damage to the skin and lead to skin cancer.

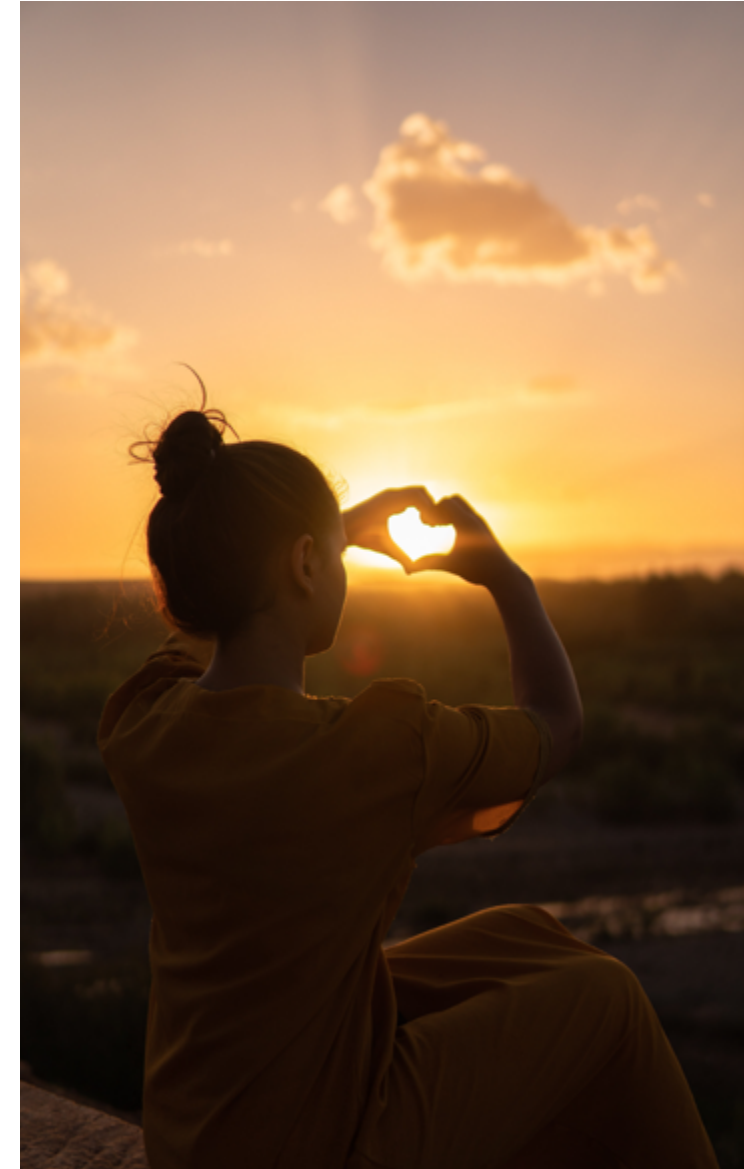
UV exposure is the main preventable cause of skin cancer.

### **Highest cancer statistics**

Skin cancer is the most common form of cancer in the UK and rates are still rising. At least 100,000 new cases are diagnosed each year, and the disease kills over 2,500 people every year in the UK. That's seven people every day.

### **Protect the skin you're in**

Getting severe sunburn, particularly in childhood, increases the risk of developing skin cancer in later life. It's crucial to protect yourself and your family from the sun.



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## Tips for Sun Safety...

- 1 Spend time in the shade when the sun is strongest from **March to October** (between 11am and 3pm in the UK)
- 2 Make sure your skin **doesn't burn**
- 3 Cover up with **appropriate light clothing** and **sunglasses**
- 4 Use a **minimum factor 15** sunscreen
- 5 Take extra care **with children**

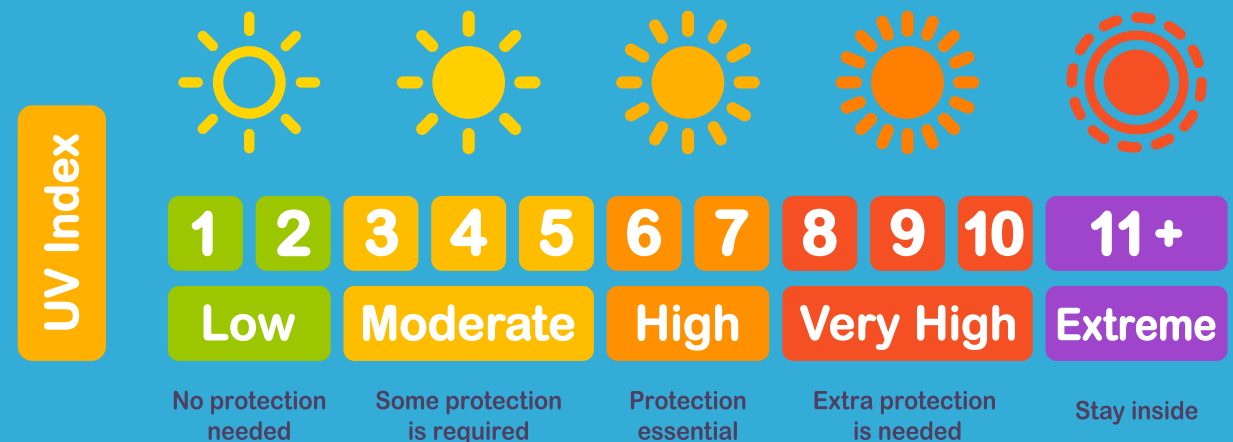
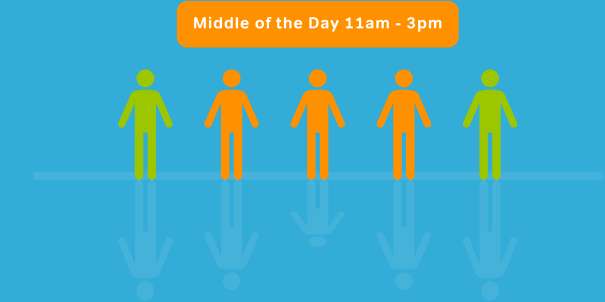
## Who should take extra care in the sun?

- **Pale, white** or **light brown** skin
- **Freckles, red** or **fair hair**
- If you **tend to burn** rather than tan
- Have many **moles**
- Have skin problems relating to a **medical condition**
- Family history of **skin cancer**
- Those that **don't get much exposure to the sun** normally other than on holidays

## Using Sunscreen...

-  Make sure it is in date - **once opened sunscreen also has a shelf life**
-  Try to choose a sunscreen with a **minimum of 4 stars** UVA protection
-  When applying to arms, neck and face, use a **couple of teaspoons** of sunscreen
-  When applying to the rest of the body, use a **couple of tablespoons** of sunscreen
-  Make sure you re-apply sunscreen **as per the manufacturers guidelines**, especially if you sweat or go into water. If you have sensitive skin, opt for a lotion with **UVA and UVB**

*UV Rays are strongest when your shadow is shorter than you...*



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## *Prevention is better than cure*

We all need some sun exposure. When skin is exposed to the sun, our bodies make vitamin D, which helps the body absorb calcium for stronger, healthier bones. Our body creates vitamin D from direct sunlight on our skin when we're outdoors. From about late March/early April to the end of September, most people should be able to get all the vitamin D we need from sunlight.

But too much unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and skin cancer.

Protect yourself and your family with the five S's of staying smart in the sun.



### **Slip**

Slip on sun protective clothing that covers as much of your body as possible



### **Slop**

Slop on SPF (sun protection factor) 30 or above, to dry skin at least 20 minutes before going in the sun. Reapply every two hours



### **Slap**

Slap on a broad brimmed hat, that shades your face, neck and ears



### **Seek**

Seek good quality shade and reduce UV exposure



### **Slide**

Slide on a pair of sunglasses with UVA and UVB protection to protect your eyes from the harmful rays. Your optician can help

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## *Spot the signs and symptoms of skin cancer*

**Melanoma usually, but not always causes changes to moles. It's always worth getting checked out if you have a mole that:**

- Gets bigger
- Changes shape
- Has a blurred, rough or jagged outline
- Gets darker or red
- Has more than one colour in it
- Gets itchy or painful
- Gets crusty or bleeds

**Non-melanoma skin cancer (NMSC) risks increase with age. Usually affecting people over 60.**

**Signs to look out for include:**

- Spots or sores that don't heal, even after a few weeks
- Spots or sores that are itchy, sore, scabbed or bloody for several weeks
- Ulcers that last for several weeks without any obvious cause

**There are around 72,000 cases of NMSC and 14,500 cases of melanoma in the UK each year.**

**When cancerous cells start to grow in melanocytes, or cells that produce melanin, a type of skin cancer called melanoma occurs.**

**Melanoma can happen anywhere on the skin.**

**If you have worries or concerns about new or persisting symptoms, contact your GP immediately**



# Summer Health Awareness



## *Keeping active outdoors*

With so many of us working on the front line, working from home, bogged down with home-schooling, cooking and additional responsibilities - it's easy to leave our physical and mental wellbeing on the back burner.

Getting outside and moving, especially in green spaces is one of the fastest ways to improve your health and happiness. Whether that's around your local area for your daily exercise or getting out in the garden, if you have one.

If you are outdoors, please ensure you are following social distancing at all times and adhere to any restrictions as outlined by government guidelines.

## *Why choose outside?*

We all know that keeping active rewards us with many health benefits for our bodies and minds. And with the current pandemic, we should be taking extra care of our immune system. Exercise, sunlight and the outdoors have all been shown to help.

Plus going outside doesn't cost a penny. It's an excellent opportunity to stop some screen time, reset and naturally enhance your mind.

## *Why go?*



### **A daily dose of vitamin D**

Vitamin D is essential for a well-functioning body. It helps us absorb calcium; it prevents osteoporosis and reduces inflammation.

Although vitamin D is found in some foods, like salmon and fortified milk, we get more than 90% of our vitamin D from exposure to sunlight.



### **Improved mood**

Partly due to vitamin D, getting active outside has been shown to reduce anger and depression.

You don't have to run a 10k or smash out an outdoor boot camp either.

Even low-intensity activities, like walking or gardening for at least 15 minutes, will do.



### **Strengthened immune system**

Exposure to fresh air could help to generate the bacteria you need to fight off harmful pathogens.

A pathogen is the first link in the chain of an infection and the only way they can be stopped is to have a host of good bacteria defending your body.



### **Sleep-inducing**

Fresh air and being active can promote better sleep quality.

Try spending a night outdoors for an easy way to replenish oxygen levels and boost serotonin, a mood-regulating chemical in your body.



### **Better short-term memory**

Research has shown that spending time outdoors can improve short-term memory, concentration, and focus by up to 20%.

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## *Chase your goals – improve your health*

Take it outside, and you could lower your blood pressure and reduce stress. Studies have shown that physical activity outdoors lowers your blood pressure and heart rate. As a result, exercise outdoors feels less strenuous than similar exercise indoors, which, in turn, pushes you closer to your maximum performance.

## *The new going out*

With the new wave of technology dominating our younger generation's lives, it's more important than ever to get them active outdoors regularly. It's crucial for their mental and physical development. And not only will it give them a break from the screens; everyone will benefit from the extra time spent together as a family.

A few activities that are safe and in line with current restrictions.

## *Enjoy some fresh air on your own / with the family*

- **Go for a walk / dog walk** – get some fresh air and stretch your legs. It will clear both yours and your family's mind. Map out a different route and explore your local surroundings
- **Go for a run** - running will increase your endorphins and improve your overall mood
- **Go biking** – with less traffic around, it is the best time to teach your kids how to ride their bike
- **Online workout class outdoors** – with so many free online classes available on digital devices, why not change the environment and enjoy this in outdoor space
- **Gardening with the family**
- **Garden camping with kids** – encouraging utilising all spaces



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## *The power of plants*

What we eat is often overlooked when we think about protecting ourselves from the sun. But there are certain foods that can boost protection from harmful UV radiation.

**Tomatoes** - Loaded with lycopene and flavanols, tomatoes can increase sun protection

**Soy** - Due to isoflavones, soy products, such as tofu, edamame, soy milk and tempeh, can boost collagen in the skin, delay onset of wrinkles and protect against cancer

**Leafy greens** - Spinach, kale and Swiss chard are bursting with free-radical fighting antioxidants that can protect you from the sun

**Fruits high in vitamin C** - Vitamin C can prevent cancer cells from forming and can boost collagen production in the skin, helping to delay signs of aging

**Green and black tea** - High in polyphenols that can protect against UV radiation

**Broccoli** - And other cruciferous veg, like cauliflower, Brussels sprouts, cabbage and bok choy, contain sulphoraphane, which can provide anti-cancerous benefits and protect skin cells

**Omega 3s** - Salmon, walnuts, flax, chia and lettuce can lower the risk of skin cancer and help keep skin safe from free radicals

**Red delicious apples** - But only if you eat the skin! Research shows that triterpenoids in the apple skin can block cancer cells and lower the risk of disease



**!** *Remember! Greencore is a nut free work place so please don't bring nuts to work.*



# Summer Health Awareness

## *Foods that may leave you feeling more hungry...*

### **1. Artificial Sweeteners**

Low calorie and sugar free foods are often full of sweeteners; artificially sweet food make you crave more

### **2. Salads**

A salad made up of just green leaves isn't going to be enough; you need to make sure you include some source of protein and low Glycaemic Index Carbohydrates e.g. chicken, fish; quinoa, sweet potato, brown rice etc

### **3. Juices**

Although full of vitamins, they are high in sugar and low in fat, fibre and protein. You may have a sudden burst of energy, but then a sudden drop making you feel lethargic

### **4. Crackers**

Although they may be a low calorie snack, on their own the sugar they contain gets absorbed by the body very quickly leaving you wanting more. Try adding a bit of hummus or peanut butter to make them a bit more fulfilling

### **5. Salty Snacks**

Salt makes us feel thirsty, which sometimes we mistake for hunger... so try to avoid the salt

### **6. Alcohol**

Drinking alcohol can lead us to eat more as our appetite increases. Always remember your alcohol limits and to make sure you incorporate alcohol free days into your week

## *Top Tips for eating healthy*

- 1 Avoid foods** that are low fat/reduced fat/diet - these are a lot more processed, this also includes margarines and low fat spreads
- 2 Red or processed meats** - eating even small amounts can increase the risk of cancer and in high quantities raise cholesterol levels. Choose lean white meats or fish
- 3 Bloating** - beans, onions, broccoli, cabbage, sprouts, cauliflower can all cause bloating, so if you're overeating on these foods, then cut them down
- 4 Cereals** - be careful - some cereals are high in sugar, these can cause peaks in your energy levels, but sudden drops - try and opt for a lower sugar option and cereals with less additives
- 5 Fruit Juice** - fruit juices and smoothies only count as one of your portions of 'five-a-day' as they don't contain the same amount of fibre that whole fruits and vegetables contain. NHS Eatwell guidelines suggest your combined total daily consumption for fruit juices, vegetable juices and smoothies should be no more than 150ml. Fruit juice also contains high levels of sugar so advisable to limit consumption



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## *Staying hydrated isn't easy...*

### *Warning signs of dehydration:*

- Headaches, dizziness and faintness
- Feeling tired, lethargic or lacking concentration
- Dry mouth or feeling thirsty
- Having dark coloured and strong-smelling urine
- Feeling thirsty and lightheaded
- Passing urine less often than usual

### *Contact your GP if...*

**your symptoms continue, despite drinking plenty of fluids & you experience any of the following:**

- Extreme thirst
- Feeling unusually tired (lethargic) or confused
- Not passing urine for eight hours
- Rapid heartbeat
- Dizziness when you stand up that doesn't go away after a few seconds

### *Top tips to staying hydrated:*



Carry a water bottle around with you



Drink a glass of water as soon as you wake up



Hydrate after exercise and in hot weather ASAP



Set an alarm on your phone to remind you to drink



Try adding fruit and ice to water bottles to add flavour



Switch caffeinated or sugary drinks with water or herbal tea



Drink calorie-free or low-calorie drinks as often as possible



Eat plenty of fruit and vegetables as these contain water

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group

