

Health, Fitness & Beauty

Sunscreen: You’re not fully dressed without it



(NewsUSA) - If you put on socks this morning but skipped the sunscreen, you’re doing it wrong — at least according to a new nationwide campaign launched earlier this spring. The WearSunscreen campaign, led by the Personal

Care Products Council (PCPC) and supported by the Consumer Healthcare Products Association (CHPA) and the Health In Hand Foundation, is reminding Americans to make sunscreen part of their daily routine — no matter the time of year, your

age, or your skin tone. Because here’s the deal: skin cancer is the most common cancer in America, and it doesn’t take a beach day to get burned. “Sunscreen is one of the most reliable and accessible tools we have to reduce the risk of skin cancer,” said Dr. Jane Yoo, a board-certified dermatologist and dermatologic surgeon in New York City. “Just like brushing your teeth or clicking your seatbelt, wearing sunscreen should be a consistent part of your daily routine all year long. And the good news is — it works. Regular sunscreen use can cut your risk of developing squamous cell carcinoma in half and lower

your melanoma risk by 40 percent.” The stats are sobering. More than 5 million people are treated for skin cancer in the U.S. each year, and melanoma, the deadliest form, is on the rise. Experts estimate one person dies of melanoma every hour. But here’s the good news: sunscreens work, and they’re safe. That’s the message behind #WearSunscreen, which will use smart graphics, dermatologist tips, myth-busting facts, and relatable messages to break through. The campaign encourages everyone to spread the word by posting about their sun-safe habits, and tagging friends, and

most importantly, to spread on some sunscreen, too. And no, you don’t need to agonize over which kind to use. “All FDA-approved sunscreens — mineral or non-mineral, lotion, stick, or spray — are safe and effective when used as directed,” says Mary Leonard, Executive Director of the Health In Hand Foundation, a nonprofit focused on educating consumers about the safe use of self-care products. “The best sunscreen is the one you’ll use and reapply regularly.” What about all the sudden sunscreen skeptics on social media? The campaign has answers for them too, including dermatologists explaining why your skincare routine

isn’t complete without SPF and why fears about sunscreen ingredients are misguided especially when compared to the very real proven threat of deadly skin cancer. Using the hashtag #WearSunscreen, people are encouraged to post about their own sun safety habits, share why sunscreen matters to them, and to tag friends and family to keep the momentum going. So before you step outside, take a second and slather up. Your skin will thank you tomorrow and in 20 years. Find campaign information and materials at www.personalcarecouncil.org/sunscreen.

Microplastics and your water: What you need to know

(StatePoint) Statistics show if that if you’re not filtering your water the right way, your family is likely consuming microplastics. An overwhelming 94% of U.S. tap water is contaminated with fragments of plastic pollution called microplastics, and bottled water does not fare much better — microplastics are found in 93% of 11 popular water bottle brands around the world. Microplastics found in drinking water are not just an environmental hazard — mounting evidence indicates that they are also a potential human health hazard. So what can you do to help make your drinking water safer? Investing in the right water filter is a great start. Be sure to choose one that meets

internationally-recognized testing standards and is backed by independent testing. For example, all of LifeStraw’s water filters feature a membrane technology capable of filtering out microplastics and a host of other contaminants, such as bacteria and parasites. To ensure your family has higher-quality water wherever you go, tackle the problem with this two-pronged approach: At home: Supply your household with safer water



using the LifeStraw Home High-Capacity Dispenser. In addition to microplastics, this sleek, 35-cup dispenser also removes bacteria and parasites, and reduces lead, mercury and chemicals, including PFAS, as well as chlorine,

herbicides, pesticides, dirt, sand and cloudiness, while retaining essential minerals. On the go: Access healthier water when you are at school, work or out and about using the LifeStraw Go Series Water Filter Tumbler. This insulated, travel-sized stainless steel water filter improves taste and protects against contaminants, including microplastics. To learn more about safe drinking water, as well as ef-

forts being made to improve drinking water, visit lifestraw.com/blogs. When it comes to your family’s health and well-being,

don’t take chances. Simple steps can vastly improve your water supply and reduce your consumption of harmful pollutants.

Save a life from Stroke

(Family Features) Strokes can happen to anyone, at any age - even young people. Despite being one of the leading causes of death and long-term disability in the United States, strokes are largely preventable, treatable and beatable - if you can control your risk factors. According to the American Stroke Association, a division of the American Heart Association, every 40 seconds, someone in the U.S. has a stroke. Keeping blood pressure in check, living a healthy lifestyle and knowing stroke warning signs may help protect you and your loved ones. **Act F.A.S.T.: How to Detect Signs of Stroke** Most adults in the U.S. don’t know the stroke warning signs, nor that stroke is largely treatable if you call 911 as soon as you recognize the symptoms.

Learning the acronym F.A.S.T. can help you recognize that someone may be having stroke symptoms so you can take life-saving action. **F: Face Drooping.** Does one side of the face droop, or is it numb? Ask the person to smile. Is the person’s smile uneven? **A: Arm Weakness.** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward? **S: Speech.** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.” **T: Time to Call 911.** If you or anyone else shows any of these symptoms, call 911 immediately.

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