Wellness Newsletter
June 2008

Sunscreen Containing Bug Repellent, is it a Good Thing?

It is recommended NOT to use a single product that combines insect repellent containing DEET and sunscreen, because the instructions for use of insect repellents and use of sunscreen are different. In most situations, insect repellent does not need to be reapplied as frequently as sunscreen. While no recommendations are available at this time regarding products that combine other active ingredients and sunscreen, it is important to always follow the label on whatever product you are using.

People can, and should, use both a sunscreen and an insect repellent when they are outdoors. Follow the instructions on the package for proper application of each product. In general, the recommendation is to apply sunscreen first, followed by repellent.

Another way to protect from sun exposure and insect bites is to wear long sleeves and long pants. You can also apply insect repellent to your clothing, rather than directly to your skin.

For more information about insect repellents and recommendations for protection from insect borne diseases go to Centers for Disease Control and Prevention (CDC) at www.cdc.gov

Choosing Sunglasses

Are you in the market for a new pair of sunglasses?

Choose sunglasses that:
- reduce glare
- filter out 99-100% of UV-A and UV-B rays
- protect your eyes
- are comfortable to wear
- do not distort colors

If you are at the beach or on the ski slopes, you should wear sunglasses with a darker tint to block more light. Your risk of eye damage from the sun is greater because of reflection off the water and snow.

Sunglasses makers do not always attach a tag or label stating the amount of UV radiation that sunglasses block. Only buy sunglasses that provide a clear statement about how much UV radiation is blocked. Prevent Blindness America

Benefits of Watermelon

There are only 96 calories in 2 cups of sweet watermelon and its high liquid content makes you feel full and quench your cravings. In addition, the 2 cups of watermelon will:
1) help you stay healthier due to lycopene, a key antioxidant famous for fighting heart disease and prostate cancer,
2) give you ½ of your daily Vitamin C quota,
3) fight infection by supplying nearly ¼ of your daily beta carotene, which helps your body make Vitamin A,
4) help you heal faster, due to citrulline used in wound healing and cell division,
and 5) soothe stress due to potassium, which helps control blood pressure. And to think you only thought the other great reason for watermelon was for spitting seeds for distance! RealAge

“Active” Video Games Can be Good for You. These are video games that attach to your TV and require a wireless controller, which is a handheld pointing device that detects movement and speed. The interaction occurs because it engages the user in a physically active manner by using arms, legs and torso when playing. It’s a great activity for grandparents and grandchildren to enjoy together. Older adults with limited mobility can play too; standing is not required, so these players can be comfortably seated while they play. Jamin Warren from the Wall Street Journal wrote that you will want to start slowly since the game “forces players to move their bodies, causing aches for some couch potatoes.” Dr. Joseph Woelfel, Ph.D