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## Summer Health Tips

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## IMPORTANCE OF PROTECTION

Skin cancer is the most common cancer in the United States. Arizona ranks #2 in the world in skin cancer incidence rates.<sup>1</sup>

## SUNSCREEN

Use sunscreen to protect yourself from skin cancer. Apply sunscreen



at least 30 minutes before going outside and every 2 hours.

## SPF RECOMMENDATIONS

Use broad-spectrum sunscreens that contain both UVA and UVB protection. Use SPF 15 or higher. If you will be outside for longer periods, use SPF 30 or higher.

1. SunWise Skin Cancer Prevention Program. Arizona Department of Health Services. 2014. Available at: <http://www.azdhs.gov/phs/sunwise/safety/index.php>. Accessed June 2014.

## SUNSCREEN FAST FACTS

- ◇ Throw out expired sunscreen. Sunscreens retain their original strength for at least 3 years.
- ◇ Most people apply 25-50% of the recommended amount of sunscreen.<sup>2</sup> Generously apply to skin, use at least 1 oz. each time you apply and reapply.
- ◇ Sunscreen wears off. Reapply every 2 hours.
- ◇ Higher SPFs last the same amount of time as lower SPFs.
- ◇ “Water resistant” sunscreens last 40 or 80 minutes. The bottle will tell you the length of its tested water resistance.

2. Neale, R, Williams, G, Green, A. Application patterns among participants randomized to daily sunscreen use in a skin cancer prevention trial. Arch Dermatol. 2002 Oct; 138, 1319-1325.

## TIPS FOR DRINKING MORE WATER



- ⇒ Carry a water bottle
- ⇒ Drink water as soon as you wake up each morning
- ⇒ Drink water with each snack or meal
- ⇒ Add fresh fruit, slices of lemon, lime, or mint leaves to flavor your water
- ⇒ Choose water over sugar-sweetened beverages

## WATER AND YOUR BODY

Water is necessary for your body to function. The human body is composed of approximately 60% water.

### WATER...

- helps maintain the balance of body fluids.
- is lost every day by breathing, sweating, and going to the bathroom.
- helps energize muscles and lubricates joints.
- helps keep your skin looking good.
- boosts your energy.



## LACK OF FLUID INTAKE

Dehydration occurs when the body loses too much water. Risk of dehydration is higher in hot climates, with increased physical activity, and when body temperature increases.

## HEALTH CONDITIONS & MEDICATIONS

Some chronic health conditions contribute to dehydration: diabetes, kidney/renal failure, heart disease, dementia, or disability. Medications that contribute to dehydration include blood pressure medications or diuretics. Please consult a physician regarding medications that contribute to dehydration.

## SUMMER SAFETY CHECKLIST

- Keep Hydrated** - Drink plenty of water. Do not wait until you are thirsty. Keep water nearby.
- Wear Sunscreen** - Sunscreen and lip balm should be SPF 15 or higher.
  - ⇒ Apply 30 minutes before going outside
  - ⇒ Reapply every 2 hours
  - ⇒ Reapply after swimming, excessive sweating, and after using a towel
- Wear a Hat** - Hats with broader brims help protect your face, ears, scalp, and neck.
- Wear Sunglasses** - Wear sunglasses that block at least 90% of UVA and UVB rays.
- Reduce Sun Exposure** - Avoid direct sunlight between the hours of 10am–4pm.
- Seek Shade** - Find a nice shady place to enjoy or plan ahead and bring an umbrella.