Stay Sun-Safe

No tan is healthy. Hopefully, you use sunscreen to protect your skin. Nearly 5 million Americans are treated for skin cancer every year. When used correctly, sunscreen can help prevent skin cancer and protect your complexion.

In the U.S. only a small percentage of men and women use sunscreen regularly when outside for more than an hour. And many people who do use it aren’t using it right.

Last year, the CDC reported that sunscreen users often get burned, likely because they apply too little sunscreen to protect against skin cancer — or apply or reapply it too late during sun exposure.

The best defense is to use a lot of sunscreen. Follow the CDC guidelines:

1. Use an ounce (a full shot glass) of sunscreen to cover your entire exposed body, including neck, ears, top of feet and head. (Check expiration dates before using.)

2. Choose sunscreen labeled broad spectrum and water resistant with a sun protection factor (SPF) of at least 30. This protects you from UV rays 30 times longer than without sunscreen.

3. Choose 30 to 50 SPF for fair or sensitive complexions.

4. Apply sunscreen at least 15 minutes before you go outside. Reapply it at least every two hours: more often when sweating or in or around water.

5. Wear a hat, choose shade and schedule activities to avoid times when the sun is most intense (10 a.m. to 4 p.m.).

6. Wear sunscreen year round and even when it’s cloudy.

Courage is the ladder on which all the other virtues mount.
— Simone de Beauvoir

Learn more at cdc.gov/cancer/skin/basic_info/sun-safety.htm.
Calming Techniques

Ever felt nervous about a work project, a doctor appointment or being late for a meeting? Everyone feels anxious sometimes and the result can be headaches, stomach upset, a racing heartbeat or feeling miserably tense. At times like this, you want to calm down — but how?

For ongoing anxiety, learning and practicing yoga and meditation can help. There are also calming techniques to soothe anxious feelings while you’re on the go. No matter how much or little time they require, these stress-soothing strategies can produce a similar effect. They spark the body’s natural relaxation response, slowing breathing and heart rate, controlling blood pressure and promoting a sense of well-being.

Tips for going from frazzled to calm:

• **Focus on your breathing.** Take long, deep breaths, inhaling into your abdomen. Exhale slowly and repeat several times.

• **Silently repeat a calming phrase.** Some people use a short prayer, mantra or a soothing phrase, such as “All is well” or “I am fine.”

• **Mentally scan your body.** While anxiously waiting for a meeting, breathe slowly as you focus on one part of your body at a time. Consciously relax your muscles, mentally releasing any tension you feel there.

• **Tell yourself, “I can do this.”**

Opioid Medications: Acute vs. Chronic Pain Relief

Opioid medicine is a group of pain-relieving drugs that have been very helpful in controlling acute pain, such as pain following surgery or a broken bone or from cancer.

When traveling through your blood, they attach to opioid receptors in your brain cells, which then release signals that dull your perception of pain and boost pleasure sensations. Opioids and the feelings they produce can quickly become addictive.

With increased use of opioids in recent years, many patients have experienced withdrawal problems when trying to stop using them. A major concern is opioid prescriptions for chronic pain, which more than tripled from 1999 to 2015, resulting in increased opioid addiction and death by overdose.

Anyone can become addicted to opioid drugs. To lower your chances of abuse, consider the risk factors:

• Family history of substance abuse.

• Personal history of drug, alcohol, marijuana or tobacco use, abuse or dependency.

• Depression, anxiety, bipolar disorder, ADHD or another mental health disorder.

• Severe social stressors, such as family or financial worries.

• Young age.

Signs of opioid addiction are craving, inability to control using, and continuing drug use despite the negative consequences it creates in your daily life.

If opioids are prescribed, learn all you can from your health care provider.

Ask about:
1. Non-opioid pain treatment options.
2. Your personal risk for opioid addiction.
3. Precise directions for using opioids and for the shortest period possible.
4. Interactions with other medications you are using.

Drug addiction is complex but once diagnosed it can be treated like any other condition. If you have been using opioids long term, don’t try to stop without medical supervision. Referral to a therapist who specializes in opioid withdrawal and a support group can help.

Withdrawal symptoms can include extreme anxiety, overall body pain, gastrointestinal distress and insomnia.

— Diane McReynolds, Executive Editor Emeritus
In the world of nutrition, sometimes carbohydrates get a bad rap. The negativity may be due to misinformation because so many foods contain carbs, and some are healthier than others. So let’s separate fact from fiction and see how you can include carbs in your diet beneficially.

Choose these: Vegetables, fruit, beans, lentils and 100% whole grains are nutritious foods. Research links this combination of high-carb foods to prevention of heart disease, stroke and some types of cancer. These foods contain complex carbs and fiber that satisfy your hunger and help stabilize cholesterol and blood sugar levels. And they are high in vitamins and minerals.

Have these less often: Sugars, syrups and foods made with these ingredients, such as cookies, candy and ice cream, are less nutritious forms of carbohydrates, lacking vitamins and minerals. The American Heart Association recommends limiting added sugars to no more than six teaspoons per day for women and nine teaspoons per day for men. Excess added sugar — more than 12 teaspoons per day — is linked with an increased risk of heart disease, stroke and type 2 diabetes.

What about low-carb diets? There isn’t one right diet for everyone, and some people — including those with type 2 diabetes — may thrive when they reduce carb intake. Most people who cut carbs successfully usually scale back on added sugar. That’s good as long as you eat a variety of nutritious, whole, plant-based foods that meet your nutrient needs. Ultimately, the best diet is one you can stick to long term.

Remember: It’s a mistake to disparage all carbohydrates just because some of them are sugary and not nutritious.

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**BBQ Trout with Avocado-Mango Salsa**

| 1 cup cherry tomatoes, halved | ½ tsp salt, divided |
| ½ cup ripe mango, diced | Juice of 1 lime |
| 1 ripe avocado, peeled and diced | 4 trout fillets (200g each), deboned |
| 2 tbsp fresh chopped cilantro | ¼ cup finely diced red onion |
| ¼ cup finely diced red onion | 2 tsp olive oil |

In a medium bowl, combine tomato, mango, avocado, cilantro, onion and ¼ tsp salt. Squeeze on some lime juice. Toss gently and set aside. Preheat barbecue to medium-high. Brush trout with oil and sprinkle with remaining salt. Lay fish on oiled grill pan or directly on grill, skin-side down. Close lid and grill for about 8-9 minutes. Remove cooked fish by sliding large spatula between skin and flesh, leaving skin on the grill pan. Transfer trout to platter and serve topped with mango-avocado salsa and a squeeze of lime.

Serves 6. Per serving:
366 calories | 38g protein | 18g total fat | 3g saturated fat | 9g mono fat | 4g poly fat | 12g carbohydrate | 4g sugar | 4g fiber | 391mg sodium
Drive Away Theft

A vehicle is stolen every 40.9 seconds in the U.S., according to the National Highway Traffic Safety Administration. To prevent your vehicle from being stolen, follow these tips:

• Take your keys or key fob with you when you exit the vehicle.
• Don’t leave your car unattended when it's running (even in your driveway).
• Park in well-lit areas and open, unblocked spaces.
• Lock all doors and close all windows when you leave your vehicle.

If your vehicle is stolen:

• Provide police with vehicle color, year, make and model, as well as license plate number and Vehicle Identification Number (VIN).
• Contact your insurance company within 24 hours.

EXPERT advice

Q: Manage the terrible twos?

A: Toddlers want to do things more independently. At this stage, they must also learn limits. When they can’t accomplish things or express themselves constructively, frustration and misbehavior may follow. Here are ways to navigate this temporary but often turbulent phase:

1. Empathize, and don’t take tantrums personally.
2. Calmly teach appropriate ways to manage feelings.
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8. Empower kids by giving them choices.
9. Distract children before they escalate, and consider taking a break before you escalate.
10. For additional advice, consult your pediatrician.

— Eric Endlich, PhD

July 28: World Hepatitis Day.

Hepatitis viruses cause inflammation of the liver that leads to serious, sometimes chronic illness. There are five primary forms of hepatitis: A and E are typically caused by ingesting contaminated food or water; B, C and D usually result from contact with infected blood and other body fluids. Ask your health care provider if you need to be vaccinated for A and B. There is no vaccination for the other forms. Learn more at worldhepatitisday.org.
As I see it, a green salad is an open invitation to carrots, onions, mushrooms, tomatoes, and the sprouts that grow in jars on my kitchen counter.
— Victoria Moran

**TIP of the MONTH**
Whole is Better

Are white bread and pasta the right kind of carbs to choose? They are not as complex or nutritious as whole grains but offer some nutritional value, being fortified with iron, B vitamins and folate. However, it’s better to eat whole grains more often than refined grains.

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**Carbs: The Lowdown**

By Cara Rosenbloom, RD

**In the world of nutrition, sometimes carbohydrates get a bad rap.** The negativity may be due to misinformation because so many foods contain carbs, and some are healthier than others. So let’s separate fact from fiction and see how you can include carbs in your diet beneficially.

**Choose these:** Vegetables, fruit, beans, lentils and 100% whole grains are nutritious foods. Research links this combination of high-carb foods to prevention of heart disease, stroke and some types of cancer. These foods contain complex carbs and fiber that satisfy your hunger and help stabilize cholesterol and blood sugar levels. And they are high in vitamins and minerals.

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Summer presents challenges for daytime sleepers. The days are longer, so people you live with may be active longer. Plus, rising temperatures may warm your bedroom so sleeping isn’t so comfortable. Take steps so you get the sleep you need for successful shiftwork.

Research shows people sleep best in a cool room that is below 70°F. Opening your windows can let in the heat. Instead, keep windows closed and covered with dark blinds, and circulate air with a ceiling fan or large upright fan.

Closed windows help block outside noise. Try using a fan, air conditioner, white noise machine or even a radio turned down low to provide white noise to mask background sounds that might disturb your sleep. If you can sleep with earplugs, use them.

Tame Your Food Environment

The food you see impacts whether you eat healthfully or overindulge. Research from Cornell University found people are three times more likely to grab the first item they see in their kitchen than the fifth one, for example. You can change your food environment, even on the night shift or when you’re eating alone. Here’s how:

**Fill your grocery cart with whole, minimally processed foods,** such as vegetables, fruits, plain yogurt, whole grains, lean meats, legumes and nuts. Then, place these items front and center in your refrigerator and pantry so you see them first when you are hungry.

**Banish the treat bowl.** Instead of placing a bowl of candy or cookies on your table or desk, keep crunchy raw vegetables, whole-grain crackers, air-popped popcorn or fruit handy.

**Have a healthy break.** Rather than diving into the proverbial box of doughnuts, enjoy fresh fruit or vegetables with hummus or a low-fat yogurt dip.

**Put the container out of sight.** Take your single slice of pizza somewhere else to eat, instead of consuming it next to the box. Get a single portion of a snack, then put the rest away before you start eating. Taking a food out of your visual field can keep you from reaching for more.

**SECRETS OF Summer Slumber**

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- **Manage your health.** Allergens such as pollen escalate in the summer months. If allergies keep you awake, discuss treatment with your health care provider. Over-the-counter antihistamines and steroid sprays can help relieve symptoms.

- **Stay on schedule.** The fine weather and extended daylight can tempt you to skimp on sleep. Enjoy your free time, but remember work and play are more pleasurable if you are well rested.

**Stress showing up on your body?**

Gaining weight and abdominal fat are linked to high levels of the hormone cortisol, which is released during emotional tension. Cortisol levels also may increase with caffeine use, sleep deprivation and viral infections. Also, stress can lead to overeating unhealthy foods. The right diet and physical activity can help control weight — but first try reducing chronic stress.
A Household Primer for Shiftworkers

When you work shifts, communication and household management can be especially challenging. Create a more efficient household by getting everyone involved.

Choose your goals for home management. These might include:

- Getting your family to help out more.
- Having a cleaner house.
- Planning dinners a week ahead.
- Spending less time running errands.
- Tackling a big project, such as cleaning out the garage.

Your whole household should work together to keep your home running smoothly. Once you have a good system, you shouldn’t have to worry about the home front when you’re working your shift or trying to sleep.

Schedule household duties and responsibilities at the beginning of each week or month, so you don’t have to scramble to make a daily schedule or act like the air traffic controller for your family — it’s all on the chart. Even if you’re at work or sleeping, the household should still run smoothly.

Split tasks into those that must be done daily, weekly and monthly. Some home organization experts also recommend assigning a household area to each day of the week for cleaning and restocking. Try to assign tasks in 20-minute chunks.

Set rules for electronic communications. Let your family know when it’s appropriate and inappropriate to text or call you at work, for example. Texting and emailing can be great family communication tools, particularly when you all follow different schedules. But be sure to set boundaries so they don’t become intrusive.

Stay Safe on Your Shift

Shiftwork requires going against your body’s natural rhythms. However, that doesn’t mean you need to compromise your safety or the safety of your workplace to work shifts. Review these guidelines to avoid injury, manage fatigue and work well while staying safe.

- Don’t skip your scheduled break. Taking time to rest, eat and move around during your shift is key to staying alert and safe.
- If possible, alternate between tasks to help you stay alert and focused.
- Set a sleep-wake schedule, and stick to it. Give sleep the priority it deserves.
- Follow all safety procedures, use your personal protective equipment (PPE) and protect yourself.
- If you feel too tired to work safely or experience brain fog, slowed reaction time, severe irritability, forgetting the last few minutes of work or nodding off while doing repetitive tasks, take a break or tell a supervisor.
- If you experience a safety-related incident on the job or notice unsafe behavior in a coworker, speak up. Everyone’s well-being depends on working together to avoid mishaps on their shifts.

Walk Away From Food Cravings

Shiftwork may lead to fatigue and sleep loss, which in turn can trigger strong cravings for foods high in fat, sugar and sodium. Giving in to cravings may help you feel better in the short term, but over time this behavior leads to weight gain and doesn’t do anything to alleviate stress or fatigue.

Can’t get food off your mind? Extra physical activity can help you refocus. Try walking for 15 minutes. Get up and move around; do some chores. Play with your kids.

Other benefits include reducing stress, boosting mood, managing weight and reducing fatigue — all of which have longer-lasting benefits than a candy bar.

The Smart Moves Toolkit, including this issue’s printable download, Cool Meals for Hot Days, is at personalbest.com/extras/20V7tools.

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Traditional and Roth individual retirement accounts (IRAs) are great options for retirement planning. Both have the same contribution limits. For 2020, your contribution to all of your IRAs can’t be more than $6,000 (or $7,000 for individuals age 50 and older) by the end of the year; or your taxable compensation for the year if it’s lower than the contribution limit.

The biggest differences between the two account types are how and when taxes are paid. Traditional IRA contributions are tax-deductible in the year they are made. You make Roth IRA contributions with after-tax dollars, but your withdrawals are tax-free in retirement.

Determining which type of IRA is best will depend on the tax bracket you anticipate during retirement. If you expect your tax rate to be higher in retirement, choose a Roth IRA. If you expect it to be lower, go with the traditional IRA.

In most cases, financial advisers recommend a Roth over a traditional IRA for these reasons:

1. The Roth has fewer restrictions for retirees. Roth IRAs do not have required minimum distributions at any age. With a traditional IRA, you must start required minimum distributions (RMDs) at age 72.

2. Roth early withdrawal rules are more flexible, allowing you to withdraw contributions made without having to pay taxes or early withdrawal penalties. Traditional accounts have a 10% early withdrawal penalty, and you will be taxed (at your current tax rate) on the amount withdrawn.

**Grocery Store Tips**

Grocery shopping takes a big bite out of your budget. Here are several ways to stretch your food dollars further.

**Tip 1: Study weekly ads.**
The easiest way to save money and plan your meals is to look at weekly grocery store ads before shopping. It’s not only help you see what’s on sale but also give you ideas for things to cook based on ingredients that are being featured. And don’t forget to use paper and digital coupons. Some sales may be advertised for digital coupons only, but ask the checker if you can get the discount if the coupons don’t work on your phone.

**Tip 2: Make weekly meal plans.**
Figure out what you’ll be preparing before you grocery shop. Account for how much you want to cook each week.

**Tip 3: Stock up on easy meal items.**
Sometimes you won’t want to cook, so it’s good to have simple things on hand to prepare when one of those nights rolls around. You don’t want to get takeout constantly, especially if you’re watching your spending and trying to eat healthy.

**Tip 4: Buy smaller portions of perishable foods.**
Though it makes financial sense to buy larger portions of food with a short storage life, you should purchase what you’ll actually consume.

**Tip 5: Schedule your grocery shopping.**
Try to develop a food shopping routine. You may go once or twice a week, but going or ordering online on regularly scheduled days will keep you from popping into the store and needlessly spending.
Reducing Debt 2 Ways

Debt stacking and debt snowball are two common methods for paying off debt. The basic premise is the same for both methods. A person lists their debts, including the minimum payment, the interest rate, and the balance of each debt. The second step is determining how much money can be used toward paying off debts in total. Each month the minimum payment is made on each of the debts.

The difference between the two occurs at this next step. Here you determine which debt to focus on paying off first. For debt stacking, you put all extra money toward the debt with the highest interest rate. With debt snowball, you focus on the lowest balance first. Example: $500 total per month to pay toward debts.

<table>
<thead>
<tr>
<th>Name of Debt</th>
<th>Minimum Payment</th>
<th>Interest Rate</th>
<th>Balance of Debt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Credit Card</td>
<td>$75</td>
<td>14.99%</td>
<td>$2,000</td>
</tr>
<tr>
<td>Store Card</td>
<td>$25</td>
<td>29.99%</td>
<td>$3,500</td>
</tr>
<tr>
<td>Personal Loan</td>
<td>$50</td>
<td>18.99%</td>
<td>$6,000</td>
</tr>
</tbody>
</table>

For debt stacking, pay the minimum payments on all three debts and put the remaining funds toward the store card debt because it has the highest interest rate. You do that each month until you have the debt paid off. Then you would move to the personal loan debt because it has the next-highest interest rate.

For debt snowball, you would pay the monthly minimum on each loan but put the remaining funds toward the credit card because it has the lowest balance. Deciding which method to follow depends on your personality. If you don’t need to see results quickly to stick with your plan, choose the stacking method. If you need to see results quickly or you give up, choose the snowball method.

September Savings

September is a great time to score some big deals. Here are a few:

1. Cars — In late summer, dealerships are trying to clear out inventory to make room for the new models. Car manufacturers usually release new models in August and September, so September is a great time to save on 2019 models.

2. School and office supplies — Since school starts in August in most states, school and office supplies will be on clearance by September. Stock up for the year.

3. Outdoor items — As the warm weather fades, retailers are clearing inventory to make room for winter weather items. Outdoor products, such as patio furniture, will be deeply discounted.

4. Plants and trees — Indulge in your green thumb when nurseries mark down trees, shrubs and bulbs to get rid of inventory before winter arrives.

TOP DOLLAR TIP: DIY DRYER SHEETS

Dryer sheets have felt the heat due to the harmful chemicals they contain. If you are concerned for your health but don’t enjoy static in your clothes, make your own dryer sheets for pennies.

What you will need:

- 6 x 6-inch cotton fabric squares
- 1 glass jar with a screw-top lid
- 1 cup white vinegar
- 10 to 15 drops of your favorite essential oil(s)

Directions:

Place your cotton fabric squares into the glass jar. Pour vinegar over the fabric. Add essential oil drops. Screw the lid tightly on the jar. Shake well. Toss one square into your dryer with your clothes.

Your clothes will be free from static and will smell fresh.

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No tan is healthy.
By Eric Endlich, PhD

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For additional information visit https://www.personalbest.com/extras/20V7tools

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Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit coronavirus.gov.
MAKE A GREAT PLATE.
A homemade mix of salty, sticky and sweet makes this snack so good.

Popcorn Trail Mix

INGREDIENTS
4 cups popped salted popcorn
¼ cup unsalted almonds, pecans or cashews
¼ cup unsalted sunflower or pumpkin seeds
1 tbsp neutral oil (avocado or canola)
1 tbsp honey
½ tsp cinnamon

DIRECTIONS
In large mixing bowl, combine popcorn, nuts and seeds. In small bowl, combine oil and honey. Pour over trail mix. Sprinkle with cinnamon and toss to coat. Enjoy with a spoon — it’s sticky.

Makes 6 Servings. Each: 125 calories • 3g protein • 9g total fat • 8g carb
3g sugar • 2g fiber • 15mg sodium • 1g saturated fat • 4g mono fat • 4g poly fat
Carbohidratos: La información
Por Cara Rosenbloom, RD

En el mundo de la nutrición, a veces los carbohidratos tienen una mala reputación. La negatividad puede deberse a información errónea, ya que muchos alimentos contienen carbohidratos, y algunos son más saludables que otros. Así que sepáremos los hechos de la ficción y veamos cómo uno puede incluir carbohidratos en su dieta de manera que brinden beneficios.

Elija éstos:
Los vegetales, las frutas, los frijoles, las lentejas y los granos 100% integrales son alimentos nutritivos. Las investigaciones vinculan esta combinación de alimentos ricos en carbohidratos con la prevención de enfermedades cardíacas, derrames cerebrales y algunos tipos de cáncer. Estos alimentos contienen carbohidratos complejos y fibra que satisfacen el hambre y ayudan a estabilizar los niveles de colesterol y azúcar en la sangre. Y son ricos en vitaminas y minerales.

Tenga éstos con menos frecuencia:
Los azúcares, los jarabes y los alimentos elaborados con estos ingredientes, como las galletas, los dulces y los helados, son formas menos nutritivas de carbohidratos y carecen de vitaminas y minerales. La Asociación Americana del Corazón (American Heart Association) recomienda limitar los azúcares agregados a no más de 6 cucharaditas por día para las mujeres y 9 cucharaditas por día para los hombres. El exceso de azúcar agregado, más de 12 cucharaditas por día, está relacionado con un mayor riesgo de enfermedad cardíaca, accidente cerebrovascular y diabetes tipo 2.

¿Y qué hay de las dietas bajas en carbohidratos? No existe una dieta adecuada para todos, y algunas personas, incluidas aquellas con diabetes tipo 2, pueden prosperar cuando reducen la ingesta de carbohidratos. La mayoría de las personas que cortan los carbohidratos con éxito generalmente reducen el consumo de azúcar agregado. Eso es bueno siempre y cuando uno coma una variedad de alimentos nutritivos enteros de origen vegetal que satisfagan sus necesidades de nutrientes. En el fondo, la mejor dieta es aquella que uno puede seguir a largo plazo.

Recuerde: Es un error menospreciar todos los carbohidratos solo porque algunos de ellos son azucarados y no nutritivos.

Ningún bronceado es saludable.
Por Eric Endlich, PhD

Esperamos que esté usando protector solar para protegerse la piel. Casi 5 millones de estadounidenses reciben tratamiento para el cáncer de piel cada año. Cuando se usa correctamente, el protector solar puede ayudar a prevenir el cáncer de piel y a proteger el cutis.

En los Estados Unidos, solo un pequeño porcentaje de hombres y mujeres usa protector solar regularmente cuando está al aire libre por más de una hora. Y muchas personas que lo usan no lo están usando bien.

El año pasado, los CDC informaron que las personas que usan protectores solares a menudo se queman, probablemente porque aplican muy poco protector solar para protegerse contra el cáncer de piel, o lo aplican o lo vuelven a aplicar demasiado tarde durante la exposición al sol.

La mejor defensa es usar mucho protector solar. Siga las pautas de los CDC:
1. Cubra la cara con ¼ a ½ cucharadita de protector y use una onza (un vaso para licor lleno) de protector solar para cubrirse todo el cuerpo expuesto, incluidos el cuello, las orejas, la parte superior de los pies y la cabeza. (Verifique la fecha de vencimiento del producto antes de usarlo.)
2. Elija protector solar cuya etiqueta diga de amplio espectro y resistente al agua con un factor de protección solar (FPS) de al menos 30. Esto lo protege de los rayos UV 30 veces más que si no usara protector solar.
3. Use un factor de protección solar de 30 a 50 FPS para piel clara o sensible.
4. Aplíquese protector solar por lo menos 15 minutos antes de salir al exterior. Vuelva a aplicarse protector por lo menos cada 2 horas; con más frecuencia cuando esté sudando o en el agua o cerca del agua.
5. Y use un sombrero; elija la sombra y programe actividades para evitar los momentos en los que el sol sea más intenso (de las 10 a.m. hasta las 4 p.m.).
6. Use protector solar todo el año e incluso cuando esté nublado.

Obtenga más información en cdc.gov/cancer/skin/basic_info/sun-safety.htm.
**Medicamentos opioides:**
**Alivio del dolor agudo versus el dolor crónico**

Los opioides son un grupo de medicamentos analgésicos que han sido muy útiles para controlar el dolor agudo, como el dolor después de una cirugía o un hueso roto o por cáncer.

En su trayectoria por la sangre, los opioides se unen a los receptores de opioides de las neuronas, las que luego liberan señales que opacan la percepción del dolor y aumentan las sensaciones de placer. Los opioides y las sensaciones que producen pueden volverse rápidamente adictivos.

Con el aumento del uso de opioides en los últimos años, muchos pacientes han experimentado problemas de abstinencia cuando han tratado de dejar de usarlos. Una preocupación importante son los opioides recetados para el dolor crónico, los que se triplicaron con creces entre 1999 y 2015, lo que resultó en un aumento de la adicción a los opioides y la muerte por sobredosis.

Cualquiera puede volverse adicto a los medicamentos opioides. Para reducir sus posibilidades de abuso, considere los factores de riesgo:

- Antecedentes familiares de abuso de sustancias.
- Antecedentes personales de uso, abuso o dependencia de drogas, alcohol, marihuana o tabaco.
- Depresión, ansiedad, trastorno bipolar, trastorno por déficit de atención e hiperactividad u otro trastorno de salud mental.
- Elementos sociales intensamente estresantes, como preocupaciones familiares o financieras.
- Edad temprana.

Los signos de adicción a los opioides son las ansias, la incapacidad de controlar el uso y el consumo continuo de drogas a pesar de las consecuencias negativas que esto genera en su vida diaria.

Si se recetan opioides, aprenda todo lo que pueda de su profesional de salud. Pregúnte acerca de:

1. Opciones de tratamiento del dolor no opioides.
2. Su riesgo de adicción a los opioides.
3. Instrucciones precisas para usar opioides y por el período más corto posible.
4. Interacciones con otros medicamentos que esté usando.

La adicción a las drogas es compleja pero una vez diagnosticada es tratable. Si ha estado usando opioides a largo plazo, no intente suspenderlos sin supervisión médica. La derivación a un terapeuta especializado en abstinencia de opioides y un grupo de apoyo pueden ayudar. Los síntomas de abstinencia pueden incluir ansiedad extrema, dolor corporal general, dificultad gastrointestinal e insomnio.

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**Técnicas calmantes**

¿Alguna vez se ha sentido nervioso por un proyecto de trabajo, una cita con el médico o llegar tarde a una reunión?

A veces, todos nos sentimos ansiosos y el resultado puede ser dolores de cabeza, malestar estomacal, latidos del corazón acelerados o sentirse miserablemente tenso. En momentos como éste, uno quiere calmarse, pero ¿cómo?

Para la ansiedad continua, puede ayudar aprender y practicar yoga y meditación.

También hay técnicas relajantes para calmar la sensación de ansiedad mientras uno está haciendo cosas fuera de casa. No importa cuánto o cuán poco tiempo requieran, estas estrategias calmantes del estrés pueden producir un efecto similar. Desencadenan la respuesta natural de relajación del cuerpo, desaceleran la respiración y la frecuencia cardíaca, controlan la presión arterial y promueven una sensación de bienestar.

**Consejos para pasar de extenuado a tranquilo:**

- **Concéntrese en su respiración.** Respire larga y profundamente, inhalaendo hasta que el aire llegue al abdomen. Exhale lentamente y repita varias veces.
- **Repita una frase tranquilizadora en silencio.** Algunas personas usan una oración corta, un mantra o una frase reconfortante como “Todo está bien” o “Estoy bien”.
- **Haga un examen mental de su cuerpo.** Mientras espera ansiosamente una reunión, relájese conscientemente sus músculos, liberando mentalmente toda tensión que sienta ahí.
- **Diógesse a sí mismo:** “Yo puedo hacer esto”.

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FRIENDSHIPS ON THE JOB: Do They Work?

We spend so much time at work that making friends there is inevitable – and a benefit valued by many employees. In fact, experts have found that workplace friendships can enhance productivity and increase employee loyalty and satisfaction.

To ensure your on-the-job friendships remain healthy:

✦ **Respect privacy.** Keep knowledge about your friends to yourself. Limit personal conversations at work.

✦ **Keep it positive.** Avoid negative conversations that may reflect poorly on the two of you professionally. For example, don’t criticize the workplace or your boss, gossip about coworkers, or complain about workload.

✦ **Invite others in.** Treat everyone as an equal professionally, and include others in your conversations and projects.

Making and keeping new friends can be challenging, due to busy schedules. Friendships with coworkers can be positive as long as they don’t distract you from the job at hand.

Strategies FOR Self-Motivation

What helps motivate you at work? Maybe it’s a motivational poster on your wall or a high achiever you admire. Ultimately, the best incentive for getting the results you want at work is you.

**Intrinsic motivation,** which comes from within, drives you to push past your limits, reach your goals and become a top performer. Unleash your inner motivator four ways:

**Step outside your safe zone.** When you stay in comfortable boundaries, you never challenge yourself. Take on something unfamiliar and untried, whether it’s taking on a new project or speaking up in a meeting.

**Accept occasional mistakes as part of the learning process.** Instead of self-criticism, review what you can do better next time and realize you have what it takes to try again.

**Improve and learn.** Turn to resources such as a mentor or self-help tools (books, classes or online resources) to help you pursue your goals confidently.

**Take care of yourself.** When you are well-rested, well-fed and calm, you’ll feel better able to accomplish what you want.

WAYS TO END YOUR WORKDAY RIGHT

What you do in the final 10 minutes of your workday can affect how you feel and how you greet the next day. Take these steps to leave work on a positive note:

**CHECK IN.** If other employees are coming on for the next shift, transition smoothly and take the time to relay information they need.

**LOOK BACK ON YOUR SUCCESSES.** Think about what you finished or did well. This bit of reflection will leave you feeling good.

Final thought: Saying good-bye to people is also a great way to end the day.
**Q:** Depression in the summer?

**A:** In seasonal affective disorder (SAD), depression symptoms recur in a seasonal pattern. Though less common than the winter version, many people do develop summer depression. Symptoms include poor appetite, weight loss, insomnia, restlessness, anxiety and mania. Early, accurate diagnosis is important to ensure you get proper treatment.

Several factors may contribute to summer SAD: levels of brain chemicals (e.g., serotonin and melatonin), changing sleep-wake cycles, seasonal allergies and increased sunlight, high heat and humidity. Negative thoughts concerning body image and believing that others are having more fun than you are can be factors, too.

If you suspect summer depression, consult a health care provider familiar with this condition. Treatment may include medication, counseling and changing your sleep schedule. Lifestyle changes can also help: Maintain healthy eating, exercise consistently and don’t overbook — find time to relax and do things you enjoy daily.

— Eric Endlich, PhD

“**You can’t expect to hit the jackpot if you don’t put a few nickels in the machine.”** – Flip Wilson

**Got 5 minutes? Try 1 of these 15 mini-tasks:**

1. Answer an email.
2. Delete old emails.
3. Prioritize your to-do list.
4. Get a drink of water.
5. Update your calendar.
6. Review meeting notes.
7. Read a work-related article.
8. Stretch.
9. Wash out your coffee mug.
10. File, shred or recycle old paperwork.
11. Delete old files from your smartphone or tablet.
12. Tell someone “thank you” or “nice job.”
13. Refill your stapler, pencil and pen holder, or sticky note dispenser.
14. Clean the dust and debris out of your keyboard.
15. Run a virus scan on your computer.

**Time for lunch.**

Do you opt to work through lunch and breaks? It may seem like you’re saving time. However, productivity experts agree that stepping away from your workspace is critical to productivity. If you prefer to eat at your desk, take at least a few minutes during your break to move around and recharge. You’ll return with renewed energy and focus.

**To lose weight, do you need to plan every meal? Yes.**

Avoid spontaneous food choices during your weight-loss phase. Be diligent: Plan your meals and snacks in advance to ensure satisfying choices and balanced nutrition. Otherwise, you’re likely to just grab the nearest food or drink at hand.

Divide and conquer your hunger. A healthy plate is ½ fruits and vegetables. The rest is ¼ protein and ¼ grains (make at least half of them whole), and perhaps a small treat. If you eat takeout, avoid the typical burger-and-fries options, which don’t resemble a healthy plate. Choose grilled options, salads, fruit or a wrap.
Helping the Injured Safely

If you witness a person get injured, what steps should you take? Here are some recommendations from the Red Cross and the American Heart Association:

Access the situation. Is it safe to enter the area? Does the person have any life-threatening injuries such as severe bleeding? Is the person unresponsive? Is anyone else nearby to help or call 911? If no one is around and the person is unresponsive, call 911. If the person is responsive, obtain consent to help and ask questions to gather more information.

Use appropriate PPE and conduct a head-to-toe visual check for signs of injury. Don’t attempt to move the person.

Shout to get the person’s attention and tap them on the shoulder if they are unresponsive. Start CPR if there is no pulse and/or the person isn’t breathing. Learn more at cpr.heart.org and redcross.org.

Keep the person calm and quiet until help arrives if the injuries are severe.

Consider all blood spills infectious. To prevent the spread of bloodborne pathogens (infectious microorganisms in blood that can cause diseases such as AIDS) use appropriate PPE (e.g., gloves, mask). If the injury is minor, provide the injured with first aid and have the person bandage his or her own wound if they can.

Don’t move a person who is impaled or try to remove the impaled object unless it’s obstructing the person’s airway. (If you remove an object, it may cause severe bleeding, which can be hard to control.) Keep the person and the object from moving while help is on the way.

[Not so] Good Vibrations

Vibrating handheld tools are a part of many people’s workdays; however, they are the primary cause of hand-arm vibration syndrome (HAVS). Symptoms include lingering finger numbness, finger blanching (known as white finger disease), shoulder pain, muscle weakness and fatigue, as well as more serious consequences, such as circulation problems, loss of grip strength and dexterity, severe pain and carpal tunnel syndrome. If you work with vibrating handheld tools (drills, chainsaws, jackhammers), reduce your risk of developing this syndrome by following this advice:

Substitute a manual tool or an ergonomically improved, low-vibration tool, if possible.

Keep your hand warm and dry when using the vibrating tools. (Low temperature reduces blood flow to your hands.)

Use appropriate safety gloves.

Grip the tools as lightly as possible and vary positions.

Schedule intermittent breaks to avoid constant, continued vibration exposure. Suggested: a 10-minute break after each hour of using the tools.

Ask your employer if job rotation is possible.

Seek medical attention if you experience any HAVS symptoms.

Drive Away Theft

According to the National Highway Traffic Safety Administration, a vehicle is stolen every 40.9 seconds in the U.S.

To prevent your vehicle from being stolen, follow these tips:

- Take your keys or key fob with you when you exit the vehicle.
- Don’t leave your car unattended when it’s running (even in your driveway).
- Park in well-lit areas and open, unblocked spaces.
- Lock all doors and close all windows when you leave your vehicle.
- Make it difficult to steal your vehicle by using audible and visible devices to protect your car. Horn alarms, steering wheel locks and flashing lights are just a few antitheft devices to consider.
- Think about installing a vehicle recovery system.

If your vehicle is stolen:

- Provide police with vehicle color, year, make and model; license plate number and Vehicle Identification Number (VIN).
- Contact your insurance company within 24 hours.

July is Vehicle Theft Prevention Month.
Wildfire: Evacuate

It’s important to heed evacuation orders for wildfires. While some people want to wait it out, it’s a dangerous decision to stay behind. Leaving as soon as it’s recommended is wisest, because if you wait until authorities order you, you could be caught in a deadly scramble and traffic.

Leaving early also helps firefighters keep roads clear of congestion so they can work more effectively. If you live in an area susceptible to wildfires, follow these important steps:

1. **Keep an emergency kit** in your vehicle.
2. **Create an evacuation checklist** and keep it handy. Include what to do inside your home (shutting windows and doors, removing highly flammable window treatments) and outside your home (turning off propane tanks, connecting garden hoses) in an evacuation. Learn more at [readyforwildfire.org](http://readyforwildfire.org).
3. **Locate your pets** and take them with you.
4. **Gather cover-ups** to protect against heat and flying embers. For example: Wear long pants, sturdy footwear, dry bandanas, goggles or glasses.
5. **Follow the escape routes** determined by the officials. Never take your own shortcuts.
6. **Don’t return** until officials give the okay.

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**SAFETY CORNER**

PORTABLE FAN Safety Checklist

Before you turn on that fan to cool off your room, do a quick inspection with this checklist:

- **Are the blades clean?** Dust and dirt can build up over time. Make sure blades are free of debris before you turn on the fan.
- **Is the guard on?** Ensure blades aren’t exposed, especially if small children live or visit your home.
- **Is the motor covered?**
- **Is the cord in good condition?** Inspect the cord to make sure it isn’t frayed or damaged. If the cord is damaged, don’t use it, as it could cause a fire or electrocution.

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**SIM Swap Scam**

Here’s a scary scenario: Your cellphone just stops working, and then you get a message from your cell provider that your SIM card has been activated on another device. What’s going on? And, what can do you do?

The FTC warns that scammers can call your cellphone service provider stating that your phone was lost or damaged and ask your provider to activate a new SIM card that is connected to your phone on a new phone. Then, they can control your number and possibly open new accounts, access your data and even lock you out of accounts.

To be safe:

- **LIMIT** the personal information you share online.
- **DON’T** reply to calls, texts or emails that request personal information.
- **SET** up a PIN or password on your cellular account.
- **USE** strong authentication on accounts with sensitive personal or financial information, such as banks, credit cards or quick pay services.

If you’re the target of a SIM swap scam, contact your cell service provider immediately and check your bank, credit card or any other financial accounts for unauthorized activity. If your sensitive information was compromised, visit [identitytheft.gov](http://identitytheft.gov) for instructions.

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Cómo ayudar de manera segura a una persona lesionada

Si ve a una persona lesionarse, ¿qué pasos debería seguir? A continuación le ofrecemos algunas recomendaciones de la Cruz Roja y la Asociación Americana del Corazón (American Heart Association):

Evalue la situación. ¿Está el espacio seguro para ayuda? ¿Ha sufrido la persona lesiones que puedan poner su vida en peligro, como sangrado profuso? ¿Está la persona inconsciente? ¿Hay alguien cerca que pueda ayudar o llamar al 9-1-1? Si no hay nadie cerca y la persona está inconsciente, llame al 9-1-1. Si la persona está consciente, obtenga su consentimiento para brindarle ayuda y hágale preguntas para obtener más información.

Use equipo de protección personal (EPP) y haga una revisión visual de cabeza a pies para detectar signos de lesiones. No trate de mover a la persona.

Grite para llamar la atención de la persona y tóquele el hombro si está inconsciente. Comience la reanimación cardíopulmonar si no hay pulso o si la persona no está respirando. Obtenga más información en cpr.heart.org y en redcross.org.

Mantenga a la persona tranquila y callada hasta que llegue ayuda, si las lesiones son graves.

Considere todos los derrames de sangre como infecciosos. Para evitar la propagación de patógenos transmitidos por la sangre (microorganismos infecciosos o en la sangre que pueden causar enfermedades como el SIDA), use EPP adecuado (guantes, mascarilla, por ejemplo). Si la lesión es menor, brinde primeros auxilios al herido y haga que la persona vende su propia herida, si es posible hacerlo.

No mueva a una persona empalada ni intente retirar el objeto empalado, a menos que el objeto esté bloqueando las vías respiratorias de la persona. (Si retira un objeto, esto podría causar sangrado intenso, el que podría ser difícil de controlar.) Evite que la persona y el objeto se muevan mientras la ayuda está en camino.

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(No tan) Buenas vibraciones

Las herramientas vibratorias de mano son parte de la jornada laboral de muchas personas. No obstante, son la principal causa del síndrome de vibración de la mano y brazo (SVMB). Los síntomas de este síndrome incluyen entumecimiento persistente de los dedos, palidez de los dedos (lo que se conoce como síndrome de dedo blanco), dolor en el hombro, debilidad muscular y fatiga, así como consecuencias graves, como por ejemplo problemas circulatorios, pérdida de la fuerza de agarre y destreza, dolor intenso y síndrome de túnel carpiano. Si trabaja con herramientas vibratorias de mano (taladros, motosierras, martillos neumáticos), reduzca el riesgo que tiene de desarrollar este síndrome poniendo en práctica estos consejos:

Sustituya la herramienta por una herramienta manual o una herramienta ergonómicamente mejorada y de baja vibración, de ser esto posible.

Mantenga la mano caliente y seca cuando use herramientas vibratorias. (La temperatura baja reduce el flujo de sangre a las manos.)

Use guantes de seguridad apropiados.

Agarre las herramientas lo más ligeramente posible y varíe las posiciones.

Programe pausas intermitentes para evitar la exposición constante y continua a las vibraciones. Sugerencia: una pausa de 10 minutos después de cada hora de haber estado usando las herramientas.

Pregúntele a su empleador si es posible rotar el trabajo.

Obtenga atención médica si presenta cualquiera de los síntomas del síndrome de vibración de la mano y brazo.

Robo de vehículos

Según la Administración Nacional de Tráfico y Seguridad Vial (National Highway Traffic Safety Administration), en los Estados Unidos se roba un vehículo cada 40.9 segundos. Para evitar que le roben su vehículo, ponga en práctica estas sugerencias:

Si le roban su vehículo:

→ Proporcione a la policía el color, año, marca y modelo del vehículo; número de placa y número de identificación del vehículo (VIN por sus siglas en inglés).
→ Comuníquese con su compañía de seguros dentro de las 24 horas de ocurrido el robo.

Línea gratuita al 800 222-1222

Julio es el Mes de prevención del robo de vehículos.
Incendio forestal: ¡Evacuación!

Es importante obedecer las órdenes de evacuación en el caso de incendios forestales. Si bien algunas personas quieren esperar hasta que haya pasado, es una decisión peligrosa quedarse atrás. Lo mejor es irse tan pronto como se recomiende, porque si uno espera hasta que las autoridades lo ordenen, podría verse atrapado en una lucha a muerte con el tráfico y el esfuerzo por escapar.

El salir pronto también ayuda a los bomberos a mantener las carreteras libres de congestión para que puedan trabajar de manera más efectiva. Si vive en un área susceptible a incendios forestales, siga estos pasos importantes:

1. Tenga un kit de emergencia en su vehículo.
2. Cree una lista de verificación de evacuación y manténgala a mano. Incluya qué hacer dentro de su hogar (cerrar ventanas y puertas, retirar decoraciones de ventanas altamente inflamables) y fuera de su hogar (apagar tanques de propano, conectar mangueras de jardín) en una evacuación. Obtenga más información en readyforwildfire.org.
3. Localice a sus mascotas y llévelas consigo.
4. Recolecte protectores para protegerse del calor y las ascuas que salen despedidas al aire. Por ejemplo: Use pantalones largos, calzado resistente, pañuelos secos, gafas protectores o anteojos.
5. Siga las rutas de escape determinadas por los oficiales. Nunca tomes sus propios atajos.
6. No regrese hasta que los oficiales den su aprobación.

Estafa de intercambio de tarjetas SIM

Éste es un escenario aterrador: Su teléfono celular simplemente deja de funcionar y luego recibe un mensaje de su proveedor de servicio de telefonía celular de que su tarjeta SIM se ha activado en otro dispositivo. ¿Qué está sucediendo? ¿Y qué puede hacer?

La Comisión Federal de Comercio (Federal Trade Commission-FTC) advierte que los estafadores pueden llamar a su proveedor de servicios de telefonía celular indicando que su teléfono se perdió o se dañó y le solicitan que active una nueva tarjeta SIM que está conectada a su teléfono en un nuevo teléfono. Luego, pueden controlar su número y posiblemente abrir nuevas cuentas, acceder a sus datos e incluso bloquear su acceso a sus cuentas.

Para estar seguro:

**LIMITE** la información personal que comparte en línea.

**NO** responda a llamadas, mensajes de texto o correos electrónicos que soliciten información personal.

**CONFIGURE** un número de identificación personal (PIN) o contraseña en su cuenta celular.

**UTILICE** una autenticación sólida en cuentas con información personal o financiera confidencial, como bancos, tarjetas de crédito o servicios de pago rápido.

Si usted es el objetivo de una estafa de intercambio de tarjeta SIM, comuníquese con su proveedor de servicios celulares de inmediato y verifique su cuenta bancaria, tarjeta de crédito o cualquier otra cuenta financiera para detectar actividad no autorizada. Si su información confidencial se vio comprometida, visite identitytheft.gov para obtener instrucciones.