



## Other Safety Tips

 - Before going out to enjoy the sun this summer please read these "Sun-Care" facts and tips:

- There are three types of ultraviolet radiation, energy emitted by the sun: UVA rays maintain constant intensity throughout the year, are longer and penetrate more deeply into the skin's layers than UVB rays, which are shorter and tend to be more intense during the summer. UVC rays are the strongest and most dangerous but are filtered by the ozone layer.
- A suntan results from pigmentation change of melanin, the body's natural reaction as it tries to protect itself from sun damage. Photo aging is premature aging of skin (dry and rough, age spots or brown blotchy discoloration).
- There are three types of skin cancer: melanoma (the least common but most serious form killing 660 Canadians annually); basal cell and squamous cell carcinomas (which make up 80 per cent of all new cases, some 62, 000 annually, and are 95 per cent curable if removed early); and actinic/solar keratosis, a pre-malignant skin condition that can progress into cancer. All are in the form of moles or freckles that have grown, discolored, are new, appear suddenly to change or are sores that don't heal.
- The best protection against cancer is to limit sun exposure, especially between 11 a.m. and 4 p.m. when rays are strongest, wear tight-weaved clothing, wide-brimmed hats and proper sunglasses and put sun screen on unprotected parts, applying every 20 minutes before heading outdoors and reapplying every two hours or after swimming or sweating intensely.
- No sunscreen absorbs all the sun's rays. If you stay out long enough you'll burn, although it's possible to get skin cancer without burning.

 - Safeguard your health by being sure to use medication wisely. Follow these tips to protect yourself:

- Be sure each of your doctors and pharmacists know ALL the drugs (prescription and non-prescription) you are taking so drug interactions can be avoided or minimized.
- Talk to your doctor about alternatives to medication use. Medications may not always be the best solution to your health.
- Be sure you know when and how to take your medication.
- Take medication exactly as instructed by your doctor/pharmacist.
- Ask your doctor/pharmacist if you have questions about possible side effects and when you should start to see improvement in your health.
- Finish your medications even if you feel better before it's gone.

- Don't lend your medication to others even if their health problem sounds like yours. It may not be the same. Also, we react differently to the same medication.
- If you react to a medication, call your doctor immediately.
- Check the expiration date and ask how/where to store medications.
- Don't mix alcohol and other drugs unless your doctor says it's all right to do so.