



# Stan & Fran's Health Hints



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## How to Choose and Use Sunscreen

- Choose a milky lotion or cream for children. Other types contain alcohol, which can irritate skin.
- Use a broad-spectrum product that screens out most of the UVB and UVA rays. The sun protection factor (SPF) should be a minimum of 30. To be safe, look for the logo of the Canadian Dermatology Association.



Canadian Dermatology Association  
Association canadienne de dermatologie

- Apply sunscreen to all exposed skin 15 to 30 minutes before going outside.
- Re-apply sunscreen liberally every 2 hours, particularly after swimming or sweating.
- Apply SPF 30 lip balm.



**REMEMBER:** Sunscreens are not intended to increase sun exposure time but to increase protection during unavoidable exposure.

**FOR FURTHER INFORMATION**  
including a list of recognized sunscreens visit:

<http://www.dermatology.ca>

or visit

HealthLink BC:

[www.healthlinkbc.ca/healthfiles/hfile26.stm](http://www.healthlinkbc.ca/healthfiles/hfile26.stm)

## Reduce your risk of sun damage!

- ❖ Limit the amount of time spent in the sun, especially between the hours of 10:00 a.m. and 4:00 p.m.
- ❖ Use sunscreen.
- ❖ Grow some shade - plant a tree.
- ❖ Cover up with a wide brim hat and shirt.
- ❖ Wear sunglasses whenever you find yourself squinting because it is too bright out.



## The Truth about Vitamin Water

Summer break is just around the corner! As the days heat up it's important to stay hydrated. Many people are opting for the new 'Vitamin Waters' to quench their thirst, but is it a good choice? Here are a few reasons why you might want to think twice before reaching for vitamin supplemented 'water':

- Many types of Vitamin Water could more accurately be named 'fortified sugar water' as they can contain as much as 8 teaspoons of sugar per bottle.
- They are fortified with mainly water-soluble vitamins (e.g. vitamin C & B vitamins), which most people can get in adequate amounts from their diet.
- Adding vitamins to sugar water does not make a health food product. It's more about marketing than your health.
- Vitamin water is expensive - most cost \$2.00 for a 20 oz bottle.

The bottom line: Vitamins are best consumed from whole foods, like fresh fruits and vegetables. Pure water is the best choice for hydration and it's free from the tap!

