

# H & W NEWSLETTER – JULY 2018 – SUMMER SUN

## SUN SAFETY

It's important to protect your and your children's skin in the sun to avoid sunburn and heat exhaustion.

**What sun protection factor (SPF) should I use?** - Use sunscreen with a sun protection factor (SPF) of at least 15. The higher the SPF, the better. Go for broad-spectrum sunscreens, which protect against harmful UVA and UVB rays. Make sure the product is not past its expiry date. Most sunscreens have a shelf life of two to three years.

**What is broad spectrum and the star-rating?** Broad-spectrum products provide protection against the sun's UVB and UVA rays. The sun protection factor, or SPF, is a measurement of the amount of UVB protection. The higher the number, the greater the protection. In the UK, UVA protection is measured with a star rating. Sunscreens have from 0 to 5 stars. The higher the number of stars, the greater the protection.



**How long can I stay in the sun?**  
- Don't spend any longer in the sun than you would without sunscreen. Sunscreen should not be used as an excuse to stay out in the sun. Instead, it offers protection when exposure is unavoidable.

The summer sun is most damaging to your skin in the middle of the day.



Spend time in the shade between 11am and 3pm, under umbrellas, trees, canopies or indoors.

**Should I reapply sunscreen if I swim?** - Water washes off sunscreen and the cooling effect of the water can make you think you're not getting burned. Water also reflects UV rays, increasing your exposure. Even "waterproof" sunscreens should be reapplied after going in the water.

**What should I do if I get sunburn?** - Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn. Sponge sore skin with cool water, then apply soothing after sun or calamine lotion. If you feel unwell or the skin swells badly or blisters, seek medical help. Stay out of the sun until all signs of redness have gone.

**What are the symptoms of heat exhaustion?**

Heat exhaustion occurs when the body cannot lose heat fast enough. If it's not treated quickly, it can lead to heat stroke, which is a much more dangerous condition.

Signs of heat exhaustion include faintness, dizziness, palpitations, nausea, headaches, low blood

pressure, tiredness, confusion, loss of appetite and hallucinations.

**What should I do if someone has signs of heat exhaustion?** -

Get them to rest in a cool place, ideally a room with air conditioning. Give them plenty of water. Avoid alcohol or caffeine as this can increase levels of dehydration. Cool their skin with cold water. Use a shower or cold bath to cool them down or, if this is not possible, wet flannels and face cloths in water and apply to their skin. Loosen any unnecessary clothing and make sure that the person gets plenty of ventilation. Monitor their condition closely.

**Should I cover up my mole when I'm in the sun?**

- If you have lots of moles or freckles, you're more likely to develop skin cancer, so you need to take extra care. Avoid getting caught out by sunburn. Use shade, clothing and sunscreen with an SPF of at least 15 to protect yourself. Keep an eye out for changes to your skin and report these to your doctor without delay.



Skin cancer is much easier to treat if it is found early. Use the mole self-assessment tool to see whether you could have a cancerous mole.

## THE FUNCTIONS OF WATER IN THE BODY:

1. Your brain consists of 90% water
2. Your blood consists of 86% water
3. It regulates your body temperature
4. It detoxifies you
5. Your bones consist of 22% water
6. It protects your organs
7. It transports nutrients and oxygen into your cells
8. It helps with metabolism
9. It helps our organs to absorb nutrients better
10. Your muscles consist of 75% of water
11. It protects and moisturizes your joints



## WHAT ARE THE BENEFITS OF DRINKING WATER?

- It helps you to lose weight by flushing out the by-products of fat breakdown and can also reduce hunger
- It's a natural remedy for headaches and back pain caused by dehydration
- It helps you to look younger and have healthier skin – it replenishes skin tissues, moisturises skin and increases skin elasticity
- It helps you to be more productive at work. As your brain is mostly made up of water, drinking water will help you to think better, be more alert and more concentrated
- By regulating your temperature, water will make you feel more energetic when doing exercises and it will help to fuel your muscles
- It can increase metabolism, aid digestion and prevent constipation
- If you are properly hydrated your muscles and joints will be lubricated, therefore you are less likely to get strains and cramps
- You are less likely to get sick and you will feel healthy as water improves your immune system
- Water relieves fatigue as your body is better equipped to flush out toxins and waste products
- Water improves your mood: your body feels good which makes you happy



## HARMFUL EFFECTS FROM DEHYDRATION INCLUDING:

*Tiredness      Migraine      Constipation  
Muscle Cramps      Irregular Blood Pressure  
Kidney Problems      Dry Skin  
20% Dehydration = Risk of Death*

## SYMPTOMS OF DEHYDRATION:

<i>Dark Urine</i>	<i>Dry Skin</i>	
<i>Thirsty</i>	<i>Hunger</i>	<i>Fatigue</i>

A common approach to avoiding dehydration is drinking 8 glasses of water a day but remember...

**KEEP YOURSELF HYDRATED**

## SWYDDOGAETHAU DŴR YN Y CORFF:

- Mae'ch ymennydd yn cynnwys 90% o ddŵr
- Mae'ch gwaed yn cynnwys 86% o ddŵr
- Mae'n rheoli tymheredd eich corff
- Mae'n eich dadwenwyno
- Mae'ch esgyrn yn cynnwys 22% o ddŵr
- Mae'n amddiffyn ac yn lleithio'ch cymalau
- Mae'n cludo maeth ac ocsigen i'ch celloedd
- Mae'n helpu metaboedd
- Mae'n amddiffyn eich organau
- Mae'n helpu eich organau i amsugno maetholion yn well
- Mae'ch cyhyrau'n cynnwys 75% o ddŵr



## BETH YW MANTEISION O YFED DŴR?

1. Mae'n eich helpu i golli pwysau drwy gael gwared ar sgil-gynhyrchion ymddatodiad braster
2. Mae dŵr yn ddull naturiol o drin cur pen a phoen cefn sy'n cael ei achosi gan ddifyg hylif
3. Mae'n eich helpu i edrych yn iau ac i gael croen iach – mae'n atgyflenwi meinwe'r croen, yn lleithio'r croen ac yn cynyddu ei elastigedd
4. Mae'n eich helpu i fod yn fwy cynhyrchiol yn y gwaith. Gan fod eich ymennydd yn cynnwys cymaint o ddŵr, bydd yfed dŵr yn eich helpu i feddwl yn well, i fod yn fwy effro, ac i ganolbwytio'n well
5. Drwy reoli eich tymheredd, bydd dŵr yn rhoi mwy o egni i chi pan fyddwch chi'n gwneud ymarfer corff a bydd yn eich helpu i ystwytho'ch cyhyrau
6. Drwy gynyddu eich metaboedd, bydd dŵr yn cynorthwyo treuliad ac yn atal rhwymedd
7. Os oes gennych chi ddigon o ddŵr yn eich corff, bydd eich cyhyrau a'ch cymalau'n llaith, felly byddwch yn llai tebygol o straenio a chael cramp
8. Byddwch yn llai tebygol o deimlo'n sâl a byddwch yn teimlo'ch iachach gan bod dŵr yn gwella eich system imiwnedd
9. Mae dŵr yn lliniaru blinder gan fod eich corff mewn sefyllfa well i gael gwared ar y tocsinau a chynnrych gwastraff
10. Mae dŵr yn gwella eich hwyliau: mae'n gwneud i'ch corff deimlo'n dda sy'n gwneud i chi deimlo'n hapus



## EFFEITHIAU NIWEIDIOL POSIBL O ACHOS DIFFYG DŴR:

<i>Blined</i>	<i>Meigrin</i>	<i>Rhwymedd</i>
<i>Cramp yn y cyhyrau</i>	<i>Pwysedd gwaed afreolaidd</i>	
<i>Problemau â'ch arenau</i>	<i>Croen Sych</i>	
<i>Dadhydradiad o 20% – Perygl o farw</i>		

## SYMPTOMS OF DEHYDRATION:

<i>Wrin Tywyll</i>	<i>Croen Sych</i>	
<i>Syched</i>	<i>Llwgu</i>	<i>Blinder</i>

*Yn gyffredinol dylid yfed 8 gwydr o ddŵr y diwrnod...*

**PEIDIWCH AG ANGHOFIO – YFWCH DDIGON**