



Health Tips for Summer Fun



(HealthDay News) -- Summertime means fun time, but you still need to follow some basic health and safety precautions.

Dehydration is a common summer problem and often results in dizziness, dry mouth and lightheadedness. But it also can be more severe, according to Dr. Ravi Rao, a family medicine physician at Penn State's medical center.

Mild dehydration can be corrected by drinking water or other drinks that contain electrolytes, while more severe cases are treated with intravenous fluids.

"Hydration is big -- especially if you are out in the sun. You should be drinking one or two glasses of water **every hour**," Rao said in a Penn State news release.

Drink more if you're physically active and are sweating more, or if you're having alcohol or caffeinated drinks. "If you are drinking, you should alternate alcoholic drinks with water," Rao said.

Sun protection is also key. When outside, apply sunscreen with an SPF (sun protection factor) of at least 30 every one to two hours, especially if you're going in the water.

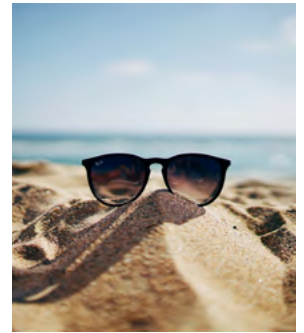
Use sunscreen even if it's cloudy because the sun's rays are still getting through.

"That's when people get burned the most because they're getting the same exposure but without the heat that signals them to get out of the sun," Rao said.

Even with sunscreen, you should take breaks from the sun by using an umbrella or spending time in the shade because "cumulative [sun] exposure can increase your cancer risk," he explained.

Ticks are another summer hazard. Use a Permethrin spray on clothing, an insect repellent with DEET on exposed skin, and check for ticks before heading indoors.

"People with dogs are actually at higher risk because they can bring them in the house," Rao said.



And if your summer fun includes travel to another country, be sure to make an appointment for any necessary vaccinations as soon as possible.

"Sometimes people come in a week before their trip, and that's too late," Rao said. "Some of the vaccinations are a two- or three-shot series so you need to start a couple of months ahead."

More information: The National Safety Council has more on summer safety.

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer>

— Robert Preidt

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Smart Food Choices Key to a Healthy Barbeque



(HealthDay News) – Lean meats, veggies, marinades and good options for summer grilling, experts advise choosing healthy foods to barbeque -- and even barbequing with marinades instead of high-fat sauces -- can help reduce your risk of heart disease as well as stroke, experts say.

Many common barbeque favorites, such as pork, ribs and even corn on the cob, are often slathered with rich sauces that are high in calories, fats and salt. There are, however, healthier ways to barbeque that are also delicious, according to Dr. Vivienne Halpern, a member of the Society for Vascular Surgery.

“Grilling lean meats and vegetables without heavy sauces are wonderful for the barbeque,” explained Halpern in a society news release. “These can become your family’s new favorites.” A fresh salad and watermelon for dessert will make the meal complete, she suggested.

When firing up the grill, instead of barbequing hot dogs and hamburgers, Halpern suggested choosing lean proteins that are lower in fat, calories and cholesterol, such as chicken, fish, sirloin, turkey, buffalo or veggie burgers. Halpern also pointed out that olive oil-based marinades and lemon juice are healthier ways to add flavor to grilled meats and vegetables.

“It’s true that we are what we eat,” added Halpern. “Our food choices affect our caloric intake, cholesterol and sodium.”

Halpern’s recommendations underscore the 2010 Dietary Guidelines for Americans, created by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services. The guidelines urge Americans to eat more of the following:

- Fruits and vegetables
- Whole grains
- Low-fat milk products
- Lean meats, beans, eggs, nuts
- Foods low in saturated fats, trans fats, cholesterol, salt, and added sugar
- Fish

Americans can also control their blood pressure and cholesterol, Halpern added, with moderate exercise (such as walking 30 minutes each day), not smoking and maintaining a healthy body weight.

More information: The U.S. National Heart, Lung and Blood Institute has more about heart and vascular diseases.

<https://www.nhlbi.nih.gov/health-topics>

— *Mary Elizabeth Dallas*

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Health Tip: Improve Your Emotional Wellness

(Healthday News) – Having a positive outlook can boost your physical well-being, the U.S. National Institutes of Health says.

Research has shown a link between an upbeat mental state and lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels and longer life, the agency says.

Here are the NIH’s suggestions for developing a more positive mindset:

- Focus on your good deeds and give yourself credit for the good things you do for others.
- Forgive yourself for making mistakes.

- Try to learn from errors instead of dwelling on them.
- Spend more time with positive, healthy people.
- Explore your beliefs about the meaning and purpose of life.
- Develop healthy physical habits, such as healthy eating, regular exercise and getting quality sleep.



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