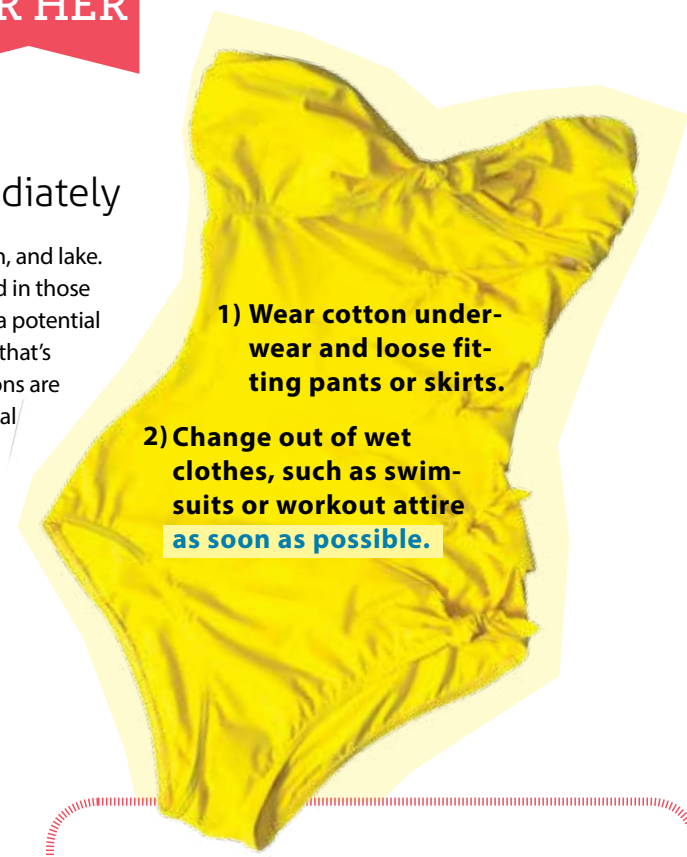


FOR HER

Change Out of Wet Clothes – Immediately

HEALTH It's summer so we're all cooling off at the pool, beach, and lake. But with all the splashing around, it's important to not sit around in those wet bathing suits for too long. Warm, moist environments offer a potential breeding ground for *Candida*, aka yeast. If this yeast overgrows, that's when you get the itching and burning feeling that yeast infections are known for. The Mayo Clinic says that to reduce your risk of vaginal yeast infection, you should: ➔

SOURCE: MAYO CLINIC, HUFFINGTON POST



1) **Wear cotton underwear and loose fitting pants or skirts.**

2) **Change out of wet clothes, such as swimsuits or workout attire as soon as possible.**



Make a Healthier Smoothie

NUTRITION It's hot and you're craving a smoothie. Unfortunately, most of the smoothies sold at delis and restaurants are filled with added sugars and empty calories. It's far better to make one at home – and to help you with that, here are some tips:

- **Nix the ice cream.** For a lower-calorie, lower sugar option, start with a base of milk and ice.
- **Add protein.** Make your smoothie hardier by adding some low-fat Greek yogurt (watch out for added sugar), almond butter, cottage cheese, or protein powder.
- **Go green.** Sneak in a handful of spinach, lettuce, or kale for an extra nutritional punch.
- **Don't add sugar.** If you are already using ripe fruit, that should be enough to sweeten your smoothie without adding honey, sugar, syrup, fruit juice, sweetener, or agave. If you're desperate for more sweetness, consider cinnamon.

SOURCE: WOMEN'S HEALTH, FITSUGAR

Protect Your Hair From the Pool

BEAUTY A great way to damage your hair this summer is to jump into the pool while it's still dry. Chlorine bonds easily to hair and can strip it of its natural oils, leading to frizziness, dryness, and eventually, breakage. Here's what to do to preserve your locks:

- Before you dive in, find a way to pre-soak your hair with clear water – whether it's with the hose or through a quick douse in the shower. Hair is porous like a sponge and can only absorb so much water at one time – so if your hair is already damp, it won't soak up as many chemicals.
- After swimming, rinse your hair again with clear water. If you are showering and washing your hair, consider using a clarifying or specialty shampoo to remove all traces of chlorine. And don't forget to condition!



FOR THE KIDS



Teaching Them about Poisonous Plants

SAFETY In summer, the green leaves of poison plants blend right in with other plants and brush, so it's possible to sit down on a patch of poison ivy and not even notice! Teach your kids to identify poison ivy, oak, and sumac so they can steer clear of them.

- **Poison Ivy:** Can grow as a vine or small shrub trailing along the ground or climbing on low plants, trees, and poles. Each leaf has three glossy leaflets with smooth or toothed edges.
- **Poison Oak:** Grows as a low shrub in the eastern and southern United States. Fuzzy green leaves in clusters of three are lobed or deeply toothed with rounded tips.
- **Poison Sumac:** Grows as a tall shrub or small tree in bogs or swamps in parts of the Southeast. Each leaf has clusters of seven to 13 smooth-edged leaflets.

SOURCE: NEMOURS, U.S. FOOD AND DRUG ADMINISTRATION

Swimming on a Full Stomach? Fact vs. Fiction

HEALTH "Wait a half hour after eating before you can safely go swimming" is an almost universally accepted idea. The myth involves the possibility of suffering severe muscle cramps and/or drowning from swimming on a full stomach. But while it's true that the digestive process diverts the circulation of the blood toward the gut, and to a certain extent, away from the muscles, an episode of drowning caused by swimming on a full stomach has never been documented. Bottom line? Go with this advice from the Red Cross: "Use common sense about swimming after eating."

SOURCE: NEMOURS, U.S. FOOD AND DRUG ADMINISTRATION

Preserve Your Lives

SAFETY The Red Cross advises EVERYONE to wear a life jacket when boating or rafting – however, particular caution should be taken with children and inexperienced swimmers. Children should wear life jackets when in, on, and around the water, even if a lifeguard is present. Here are some additional tips for life jackets:

- Make sure it is the **right type** for the activity.
- Make sure it **fits**. Check the label for weight limits.
- Make sure it is **U.S. Coast Guard-approved**. Look for the stamp.
- **Check buckles and straps** for proper function. Discard any life jacket with torn fabric or loose straps.

SOURCE: AMERICAN RED CROSS

FOR THE
WHOLE
FAMILY



Mosquito Repellents: What Really Works?

HEALTH According to the American Mosquito Control Association, N-diethyl-3-methylbenzamide (DEET) remains the standard by which all other repellents are judged. DEET was developed by the U.S. Department of Agriculture and registered for use by the general public in 1957. Decades of empirical testing of more than 20,000 other compounds have not identified any other repellent products with the same duration of protection and broad-spectrum effectiveness of DEET. The American Academy of Pediatrics says that all family members over the age of two months can use DEET-based repellents with up to 30% concentration with confidence.

SOURCE: AMERICAN MOSQUITO CONTROL ASSOCIATION, AMERICAN ACADEMY OF PEDIATRICS

Bust Bacteria Steer Clear of Food Poisoning

HEALTH As summer temperatures rise, so does the risk of food poisoning. Keep your guests safe when dining outdoors by following these steps:

Keep raw meats and ready-to-eat foods separate as well as the utensils used to handle each. Use different spoons and forks to taste, stir, and serve.

Make sure all foods are promptly refrigerated below 40°F. If perishable foods are left out for more than two hours (or one hour in 90°F weather or above), throw them away.

Scrub the grill with hot, soapy water before cooking your outdoor favorites.

Wash your hands before, during, and after food preparation.

Marinate foods in the refrigerator and never reuse marinade used on raw meat or poultry unless it's boiled first.

Use a food thermometer to make sure grilling favorites are cooked to proper temperatures, such as hamburgers to 160°F, chicken to 165°F and hot dogs to 160°F. Never partially grill meat or poultry to finish cooking later.



SOURCE: ACADEMY OF NUTRITION AND DIETETICS

Why fight hip pain when you can fix it?

Allan Buttenhoff had been living with hip pain for more than two years. He had tried physical therapy, stretching, even chiropractic care, but nothing seemed to take away his stiffness and pain.

Then he ran into a former hip pain sufferer who explained that he had fought hip replacement for seven years before giving in. Now, he explained, he was having an active life without the pain.

Alan decided to have hip replacement surgery. He worked hard in physical therapy and was back to work three weeks after the surgery and back on the tennis courts in just six weeks. **"I wish I had done it sooner,"** Alan says.



Hamilton Medical Center (HMC) has earned The Joint Commission's Gold Seal of Approval® for Joint Moves, its total hip and total knee replacement program.

