4 Simple Tips
FOR LESS STRESS
AND BETTER HEALTH

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DEAR FRIENDS,

To help you have your healthiest spring and summer yet, this issue of Living Healthy offers articles on everything from understanding the unique health benefits of spending time outdoors to avoiding some of nature’s most common health risks. One way to be active outside is to garden, so we share ideas for highly nutritious “superfoods” you can grow in your own backyard.

We think it’s invaluable to share stories of patients who have recovered from health challenges—it’s a way to encourage those in our community who are facing challenges of their own. In this issue, you can read how a Waynesboro resident with a potentially fatal heartbeat irregularity now feels better than ever and is living his life fully again.

I’ve always been interested in the connection between our minds and our physical health. We explore that subject and provide tips to help you reduce the negative impacts of stress.

When spring arrives, we want you to be ready for the great outdoors. I, for one, can’t wait to get out there.

Warm Regards,

Patrick O’Donnell
CEO and President
Summit Health
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Secret Weapons for HEART HEALTH

Simple ways to help keep your heart strong.

We’ve all heard the classic advice for preventing heart disease: Eat lots of fruits and vegetables; go easy on foods high in salt, fat and cholesterol; exercise; and don’t smoke. These are important, but research offers other simple steps we can take toward heart attack prevention. Here are five:

1. Get a good night’s sleep. In one large study, women who had five hours’ sleep or less per night were 39 percent more likely to develop coronary heart disease within 10 years than those who slept for eight hours. Quality of sleep counts, too. Breathing problems such as obstructive sleep apnea, in which breathing stops briefly many times during the night, have been linked to an increased risk of heart problems. So allow seven to eight hours a night for sleep. If you still wake up unrefreshed, talk to your doctor.

2. See your dentist. Both tooth loss and untreated gum disease have been associated with an increased risk of cardiovascular illness. Doctors believe bacteria from gum disease enter the bloodstream and cause inflammation of other tissue—including the lining of the arteries, producing atherosclerosis. And in data from a major survey of nearly 42,000 people ages 40 to 59, the more teeth a person lacked, the more likely he or she was to suffer from heart disease.

3. Add more soluble fiber to your diet. Oatmeal and barley both contain enough soluble fiber that their labels can sport the FDA-approved claim “may reduce the risk of heart disease.” How does soluble fiber keep your heart healthy? By helping to lower both LDL (low-density lipoprotein) and total cholesterol levels. Other foods high in soluble fiber include Brussels sprouts, oranges, beans (particularly black and kidney) and flaxseeds.

4. Consume olive oil and nuts. In a Spanish study published in the New England Journal of Medicine, Mediterranean-style diets rich in healthy fats outdid a low-fat diet in improving cholesterol, blood pressure and blood sugar levels. Where to find these healthy fats? Extra-virgin olive oil retains natural antioxidants and other nutrients thought to reduce dangerous inflammation in blood vessels, while almonds, walnuts and hazelnuts contain unsaturated fats also believed to support heart health.

5. Enjoy dark chocolate. Most people would agree: Chocolate is good for the soul. Science shows that it can be good for the heart, too (just be sure to balance the extra calories and sugar by cutting them elsewhere). Compounds in dark chocolate—70 percent cocoa or higher—help to reduce blood pressure. They also help to keep platelets from sticking together too much, reducing the risk that blockages will occur. The cocoa butter in chocolate helps to reduce LDL (bad) cholesterol while boosting HDL (good) cholesterol. All in all, a pretty sweet way to treat your heart.
Less Stress for a Healthier You

A proven threat to your physical and mental health, stress is well worth controlling.
Our brains are in constant communication with our bodies, sending messages and receiving information via electrical and chemical signals. So it’s not surprising that research has shown a person’s mental state can affect his or her physical state. In fact, one study found that 60 percent of visits to primary care offices were for stress-related illnesses.

Stress has been shown to play a role in a variety of medical issues, including anxiety, depression, high blood pressure, hot flashes, irritable bowel syndrome, diarrhea, chronic pain, Crohn’s disease and high blood pressure.

Thanks to a study published in January by the British medical journal *Lancet*, we have new insight into how stress can make us sick. Researchers found that people with a lot of activity in the amygdala—a part of the brain tied to stress—were more likely to develop cardiovascular disease. The study suggests that stress can trigger both inflammation and plaque formation in the arteries. This narrows them, increasing risk of heart attack and stroke.

Short term, the hormones released when we are stressed can have positive effects, giving us extra strength, speed and stamina to cope with physically threatening situations. But when the stress response continues for too long, for example when it’s caused by ongoing work or relationship challenges, those hormones start to negatively affect health.

Most of us could improve our health by taking steps to reduce stress. As Hippocrates once wrote: “The natural healing force within each one of us is the greatest force in getting well.” To reduce stress in your life, follow these proven strategies.

Humans are social creatures, so interacting with people we enjoy is a great stress buster. It gives us a sense of security and a feeling of being liked—and loved—that is vital to our well-being. If life doesn’t naturally put social interactions in your path, make plans to have dinner with a friend, grab lunch with a co-worker or volunteer in your town. Sometimes, even time to relax with a spouse or partner needs to be planned. Staying socially connected and giving to others have both been shown to reduce stress, and ultimately will make you healthier.

It’s well documented that exercise improves mood, releases endorphins, lowers stress hormones and increases your energy level. Focus on making yourself feel good. For instance, rather than working out in a crowded gym, go outside to exercise if weather permits. Appreciating the scenery and the fresh air will help to clear your mind.

If you’ve lost touch with friends who are important to you, ask if you can start an exercise program together. With a friend or alone, be sure to choose an activity you enjoy, whether that’s walking, biking, gardening, hiking, yoga, dancing or kickboxing. Challenge yourself a little, but not so much that you dread getting started—or overdo it and risk injury.

Experts agree: Getting enough shut-eye is one of the most important things you can do for your health. Sleep is a crucial period of rest and recuperation for both body and mind. Research shows that not getting enough can leave you drained, moody, forgetful and irritable. It also can impair your judgment and increase your blood pressure. There’s a circular relationship between stress and sleep: Stress can make it difficult to fall and stay asleep, and not sleeping enough can make you stressed. To break that cycle, create a calming bedtime routine. Take a warm bath, meditate, read a relaxing magazine or book, then turn off the lights. Imagine a place you really enjoy and let your mind travel back there.

Experts suspect that meditation brings benefits by quieting the sympathetic nervous system (responsible for our “fight-or-flight” response) and revving up the parasympathetic nervous system (which slows heart rate and breathing and improves blood flow). The result: more day-to-day serenity. Techniques vary widely, but most involve finding a comfortable position in a quiet spot, then either focusing on your breathing or repeating a mantra. You might begin with just five minutes a day, gradually working up to 20 minutes or more.
Don’t Miss A BEAT

Read how one patient’s potentially life-threatening arrhythmia was caught and treated successfully.
Most of the time, we end up reassuring patients that they can keep doing the activities they enjoy. We give them lifestyle tips to minimize or resolve the symptoms. But sometimes, the condition is life-threatening.”

Dr. Anthony G. Johnson, Interventional Cardiologist & Electrophysiologist at Summit Health

It can be terrifying: that feeling when your heart flutters, misses a beat, speeds up or slows down. Generally these palpitations, also known as arrhythmia, are harmless. But they can signal minute—and potentially deadly—malfunctions in the heart’s muscles and nerves. Murphy Peterson, Jr., an attorney who lives in Waynesboro, Pennsylvania, knows that all too well. A year ago, his irregular rhythm left him so tired that he had trouble going up and down stairs. Testing at Summit Cardiology revealed a potentially fatal arrhythmia. Today, he logs miles on his elliptical machine, makes a daily two-hour (one way) commute to his high-pressure job, and credits his cardiology team for his recovery. “The care they gave me was amazing,” he says. “I’ve never felt so healthy.”

Dr. Anthony G. Johnson, an interventional cardiologist and electrophysiologist at Summit Health, leads the team that keeps Murphy healthy. “The majority of arrhythmias—80 to 90 percent—are benign,” he says, adding that it’s important to have these irregular beats checked out. “Most of the time, we end up reassuring patients that they can keep doing the activities they enjoy. We give them lifestyle tips to minimize or resolve the symptoms. But sometimes, the condition is life-threatening.”

A thorough patient history represents the first step in assessing arrhythmia. Dr. Johnson looks for clues: When do symptoms occur? Are they associated with specific activities? Do lifestyle factors contribute? Will weight loss help? For instance, sleep apnea, associated with obesity, causes arrhythmia.

Stress may be the cause. Medications may play a role. When possible, Dr. Johnson uses biofeedback, not pharmaceuticals, to help patients deal with conditions such as anxiety. To further assess the heart’s function, patients may wear a monitor for 24 to 48 hours, or for up to 30 days or more. An EKG or an electrical stress test also may help the cardiologist pinpoint the specific location of the defect at the root of the arrhythmia. A problem in the heart’s upper chambers is generally benign. Lower-chamber issues are often serious. If necessary, problem-causing tissue is treated by inserting a tiny electrode into the heart. The specific area is heated to 55°C for 30 seconds in a procedure that typically restores the muscles and nerves to normal function.

Particularly serious arrhythmias—like Murphy’s—may require the placement of an implantable cardioverter defibrillator (ICD). This device springs into action when it detects an abnormal heart rhythm. “Dr. Johnson answered all my questions and made sure I understood my condition and treatment. He gave me time to digest information and came back and asked if I had more questions. The amount of time he spent amazed me.”

The ICD, slightly larger than a pacemaker, allowed Murphy to resume his high-energy life. For the team at Summit Cardiology, that’s the goal for each patient—whether an individual just needs to know that they can continue to lead the life they love or they need complex and precise investigations and procedures to get the heart healthy again.

How Arrhythmias Raise Stroke Risk

Though it’s important for everyone to know the signs of stroke, it’s crucial for people who have an irregular heartbeat, especially those with a type called atrial fibrillation. Patients with this diagnosis are two to seven times more likely to have a stroke than people who don’t have atrial fibrillation. Janora Hovetter, Stroke Coordinator, Clinical Educator and Stroke Certified RN at Summit Health, explains why.

“When the heart beats, it squeezes,” she says, “and that pushes blood through each of the heart’s four chambers. With atrial fibrillation, instead of beating, the top two chambers of the heart quiver irregularly like a bowl of gelatin. It doesn’t pump well so some blood is left sitting. And when blood is stationary, clots form.”

Those clots can cause strokes. Blood flowing through the heart sweeps clots out into the circulatory system. If they end up in a blood vessel that’s smaller than they are, they create a blockage. Cells need oxygen, and when blood can’t get through to bring it to the cells, they die.

Stroke patients who are found to have an arrhythmia can be treated with medications, including aspirin and other anticoagulants. “The most important thing for patients,” says Hovetter, “is to be diligent about keeping follow-up appointments with their primary care provider, and to monitor their stroke risk factors, including high blood pressure, diabetes, high cholesterol, smoking, too much alcohol intake and obesity.”
DO YOU LOVE EXERCISING OUTDOORS BUT FEAR AN ALLERGY ATTACK? Dr. Joshua Dunklebarger, an Ear, Nose and Throat Surgeon at Summit Health, has three key strategies to help you stay comfortable:

1. PREP YOUR SYSTEM. During days or seasons when your allergies are at their worst, use an over-the-counter antihistamine, like Allegra, Claritin or Zyrtec, before you exercise. This will help stave off allergens' effects and may prevent an attack before it starts.

2. PICK YOUR TIME. If you have a pollen allergy, exercise early morning or late evening when pollen counts are lowest. If you’re allergic to mold, avoid exercising right after a rain shower, when molds are at their peak. Check the weather and use smartphone apps to review allergen counts in your area.

3. KEEP ALLERGENS OUTSIDE. “After exercising, shower, wash your hair and change your clothes,” advises Dr. Dunklebarger. He also recommends rinsing out nasal cavities using a neti pot filled with a saline solution. “Allergens tend to accumulate in nasal cavities after exercise,” he says. “Every time you breathe in, they sit in your nasal passages and lungs.”

SURE, a climate-controlled gym with all the bells and whistles can be a pleasant place to work out, especially in winter, but science suggests there are powerful benefits to leading an active lifestyle in the great outdoors. When the weather permits, take your activity out in nature for a variety of benefits to body, mind and soul. Writer Laura Ingalls Wilder was on to something when she said, “Some old-fashioned things, like fresh air and sunshine, are hard to beat.” And now, there’s research to support her claim.

BOOST ENERGY AND REDUCE TENSION For example, a team from England’s Peninsula College of Medicine and Dentistry analyzed 11 trials that included more than 800 adults. They found that, when compared with indoor exercise, outdoor exercise was associated with increased energy and revitalization, as well as decreased confusion, anger, depression and tension.

Outdoor exercisers also reported enjoying their workouts more, and were more likely to say they planned to repeat them than exercisers who were holed up inside a gym. Many also had lower levels of cortisol (a hormone produced in response to stress) than their indoor counterparts, and said exposure to sunlight improved their mood. In addition, people who walked outdoors completed an average of 30 minutes more exercise per week than those who exercised indoors.

So, which outdoor activities provide the greatest benefit? Walking is at the top of the list. It boosts cardio, is gentle on the joints, strengthens bones, can be done almost anywhere and is free. From a mental-health standpoint, it can reduce stress, improve mood and spark creativity.

Gardening is another favorite outdoor activity for many. It promotes tranquility and relaxation, and has many physical benefits as well.

According to the Centers for Disease Control, moderate activity, such as active gardening, for as little as two-and-a-half hours each week can reduce risk of obesity, high blood pressure, Type 2 diabetes, heart disease, stroke and depression.

KEEP IT SIMPLE; START KIDS EARLY Outdoor activities can be as simple as teaching a grandchild to ride a bike, shooting hoops with friends, hiking or going for a brisk swim. If you have children, introduce them to outdoor fun at an early age. They’ll be more likely to carry your example into their teen and adult years, when stress-busting and health-enhancing activities become even more vital.

Being active outdoors lets you improve your fitness, while enjoying nature and relieving daily stress in the process. Now that’s what we call effective multitasking.

DON’T LET ALLERGIES KEEP YOU INDOORS

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SUPERFOODS
You Can Grow Easily at Home
Bump up your health benefits by taking these nutrition dynamos from garden to table.

Want to ramp up your antioxidant intake, boost your health and feel more energized? You can start by integrating a few select superfoods into your diet. We’ve chosen five nutrient-dense dynamos that are easily grown in a home garden, and fare well in our region.

Most of these superfoods don’t take up a lot of square footage in the garden, and also will thrive in outdoor containers, or inside on a windowsill. Taking vitamin-rich produce from garden to table gives you the freshest food available, with the greatest possible health benefits.

**THE BOUNTY OF BLUEBERRIES**

They grow well locally and are chock-full of vitamins, minerals, antioxidants and fiber. A hardy blueberry patch will yield bounty for years to come, and kids love to pick the berries every summer.

Spring is the ideal time to plant blueberry bushes. For best results, choose a sunny spot with acidic soil that has been amended with organic material, like peat moss. Add two to four inches of mulch to protect the shallow roots, and water regularly. Fertilize about one month after planting. Finally, blueberries are catnip for birds, so be sure to cover your bushes with netting.

**HERBS THAT PACK NUTRITIONAL PUNCH**

Mint is a nutritional superstar that will amp up your smoothies. Other uses? Stir fresh mint into hot or iced tea, or snip into Mediterranean salads, dips and entrees. Mint is loaded with antioxidants, and is a natural antimicrobial agent and breath freshener. High in chlorophyll, fresh peppermint helps reduce inflammation in the gut and soothe an upset stomach. So much so that it’s sometimes used to bring relief to patients with irritable bowel syndrome. Mint spreads rapidly in the garden. To control the creep, plant in a confined outdoor space or a container.

Parsley, best known as a garnish, is delicious when blended into pesto and chimichurri sauce, or chopped into an array of soups and salads. High in vitamins C, A, K and B-12, parsley may help relieve joint pain, and some studies show it can inhibit tumor formation. Parsley seeds are slow to sprout. To give them a boost before planting, cover in warm water and let stand overnight. Parsley can be planted in pots indoors or out in the garden two to three weeks before the last frost. It likes moist, nutrient-rich soil and does best in partial shade or full sun.

**SUPER SEEDS AND SPROUTS**

More than ever, nutritionists are touting the benefits of seeds and sprouts. Chia can be eaten in both forms. Chia seeds, which have a mild, nutty flavor, can be eaten whole—sprinkled on cereal or yogurt, mixed into vegetable or rice dishes, added to sauces, or baked into muffins. Sprouted chia has even more vitamins and minerals, and is a tasty addition to salads, soups and sandwiches. Chia sprouts are tiny workhorses, high in omega-3 fatty acids, protein, fiber, antioxidants, calcium and magnesium.

Chia sprouts grow happily in a sunny indoor spot. (Remember the Chia Pet®?) Use the sprinkle-sprouting method: Add equal amounts of chia seeds and bottled spring or filtered water to a shallow glass baking dish. After an hour, tilt the dish to pour out the water, leaving behind the moistened chia seeds. Cover the tray with foil or a plastic lid to trap in the moisture, but leave one corner slightly open.

Keep the seeds in a warm place. After about four days, they’ll sprout into seedlings, and when they’re about one-half inch long, it’s time to taste! Leftovers? No problem—you can store them in a sealed container in the refrigerator for two weeks.

One caveat: If you’re taking blood-pressure medications or blood thinners, ask your doctor before eating chia, which can interact negatively with some of those medicines.

**GARDEN ADVISERS**

Ready to try growing your own superfoods, but feeling a tad overwhelmed? The Franklin County Master Gardeners are a go-to resource for all your gardening questions. For more information, visit: www.extension.psu.edu. Or contact them at: 717-263-9226 • franklinmg@psu.edu
Exercise Myths, BUSTED

Don’t let these rumors sidetrack your fitness program.
At the beginning of every year, knowing that exercise is critical to good health, millions of people resolve to live a fitter life. Why do so many well-intentioned exercisers fail to persevere? Often, it’s due to mistaken beliefs about how best to get in shape and what it takes to see results. Here, we debunk six common exercise myths.

**MYTH #1:**

**“NO PAIN, NO GAIN.”** Most fitness experts agree on the foolishness of this old saying. Pain is an inflammation response that means your body is trying to heal an injury. And yes, to some extent it’s injury—damage to muscle fibers—that causes the soreness you feel the day after you exercise. But soreness is not the measure of a good workout. Instead, judge your success by whether you’ve met your exercise goals. If you feel less stressed, more fit, more energetic and more flexible, then it’s a quality workout. Post-exercise soreness should be gone in 24 to 48 hours. If it lasts longer, scale back on exercise for now—and see your doctor. And if you feel the soreness you feel the day after a big workout. Of course, you shouldn’t exercise right after a big breakfast, but do eat something.

**MYTH #2:**

**“EXERCISE CAN HELP YOU SPOT REDUCE.”** Men want six-pack abs. Women want thinner thighs. Many people think that by focusing on their problem areas, they can ensure rapid results. They’re wrong. Your body is not able to fine-tune itself that way. It can’t pick and choose where it takes fat from. You need a more holistic approach. The goal is to burn as many calories as you can—and not just during the workout itself. That means you need to do strength training, which has been shown to speed your metabolism, so you’ll continue to burn calories long after a workout has ended. If you want to change your appearance, you’re better served by training the body as a unit.

**MYTH #3:**

**“IT’S BEST TO WORK OUT EARLY IN THE MORNING BEFORE YOU EAT.”** Many people start their day with a trip to the gym. Experts say there’s no proven optimal time for exercise, but getting your work out done early in the day, before you get too busy or too tired, is a great habit—just don’t do it on an empty stomach. To burn fat requires intense exertion. If your system hasn’t had fuel since the night before, odds are you won’t have enough ready energy to push your muscles as they need to be pushed. You’ll risk drops in blood pressure and blood sugar—and even dizziness. In short, you won’t have a good workout. Of course, if you’re not able to fine-tune itself that way. It can’t pick and choose where it takes fat from. You need a more holistic approach. The goal is to burn as many calories as you can—and not just during the workout itself. That means you need to do strength training, which has been shown to speed your metabolism, so you’ll continue to burn calories long after a workout has ended. If you want to change your appearance, you’re better served by training the body as a unit.

**MYTH #4:**

**“YOU MUST WORK OUT EVERY DAY.”** Some New Year’s exercisers will go to the gym two to three hours daily. At first, they see results. But then they hit a plateau. At that point, they actually regress because they’ve been working too hard, and their results come undone. So they lose interest and stop. One problem is that they’ve failed to give their muscles a rest to rebuild. Overdoing your workouts can break muscle down as opposed to building it up. And the central nervous system needs time to recover. If it keeps firing the same muscle group relentlessly, those muscles don’t work efficiently. It’s like an engine that runs hot—you can’t keep pushing it at 60 miles an hour all day every day. It’s true that fitness guidelines call for adults to get an hour of physical activity every day. But that doesn’t mean daily workouts at the gym. Map it out so you do different things on different days. Don’t do heavy weight training every day. Do some flexibility or balance training. Add jogging outdoors. Go for a walk. Ride a bike.

**MYTH #5:**

**“LIFTING WEIGHTS BULKS UP WOMEN TOO MUCH.”** To build visible muscle, you need two things: lots of calories and lots of testosterone. Females typically don’t have enough of either. So unless they’re taking testosterone supplements and consuming 3,000 calories a day, women simply cannot build muscle mass the way men can. That’s not to say heavy workouts won’t make a noticeable difference in how you look. Exercise, particularly cardiovascular training, will help you work off excess fat, which makes the muscles you already have more visible. Strength training will add tone and definition. It will also make you stronger, but being stronger is different than having bigger muscles. And for females, being stronger is what it’s all about. Because they naturally have less muscle and bone mass, women are at greater risk than men for the bone-wasting disease osteoporosis. Resistance training strengthens both muscle and bone, and has been proven to fight osteoporosis.

**MYTH #6:**

**“EXERCISE IS A BORE.”** This is the myth with a kernel of truth. If you do exactly the same things every time you work out, it can become boring. That’s one reason you should change your routine at least every four to six weeks. Experienced exercisers should change it every day. Even changing the sequence of your exercises or popping new tunes in your music player can fight monotony. But bigger adjustments—adding a new exercise, for instance—can help in another way. By keeping your body off guard, such changes help you avoid plateaus and continue progressing. Our bodies can adapt to almost anything, including an exercise routine. We need to ′surprise′ our muscles to keep them from getting too comfortable. So keep your exercise interesting by checking out the machines you haven’t used yet, signing up for a personal training session to get fresh ideas, or taking up a new activity.
Best Tips for a SAFE SUMMER

Get more fun out of your summer by staying safe. It’s easy with these expert tips for your time outdoors.
Summer and the living is ... hot. Sunburned. Itchy. Without taking some precautions while you’re outside having fun, summer can end up being a real pain.

These tips will help you protect yourself and your loved ones to make 2017 your most enjoyable summer yet.

**BE SKIN-SAFE IN THE SUN**

Most people understand that getting a sunburn isn’t good for them. “But many don’t think about how today’s sun damage or ‘glow’ could have repercussions several years from now,” says Dr. Wayne Ledinh of Summit Plastic Surgery and Skin Care Center. “With each sunburn and sunburn you get, you are increasing your risk for skin cancer.”

Dr. Ledinh recommends that people of all ages take precautions by slathering on a thick coating of broad-spectrum sunscreen with an SPF, or sun protection factor, of at least 30. He added that people should be vigilant about reapplying sunscreen, and seek additional ways to protect themselves from the sun’s rays.

> “Never assume that an SPF 30, or even a sunscreen with a higher SPF, will provide adequate protection for a day at the pool or an afternoon outside,” says Dr. Ledinh. “You should reapply at least every two hours and after being in water, sweating or toweling off.”

Other ways to protect yourself include seeking shade, especially during midday hours (10 a.m. to 4 p.m.), and wearing a wide-brimmed hat, sunglasses and clothing that minimizes the amount of skin exposed.

**KEEP BUGS AT BAY**

Summer’s balmy evenings draw us outdoors, where we can quickly become a snack for insects.

> “Using an EPA-registered insect repellent containing DEET is one way you can protect yourself from insect bites if you’re going to be outside,” says Dr. Ericka Kalp, Ph.D. In addition, avoiding the outdoors during peak biting times (dusk and dawn) can help reduce the odds you’ll be bitten by a mosquito (or at least reduce the number of bites you get).

To avoid tick bites, Dr. Kalp encourages people who spend time in wooded or grassy areas to wear protective clothing, such as long-sleeved shirts, long pants, hats and boots or closed-toe shoes. Tucking shirts into pants and pants into socks offers additional protection, as does applying the insecticide permethrin to clothing. “You should exercise caution after being in the woods or grassy areas,” says Dr. Kalp, “and thoroughly inspect yourself for ticks afterward.”

**KEEP YOUR COOL**

While the average temperature here in July and August is 84 degrees, temperatures can soar into the high 90’s on some days, and high humidity can make it feel even hotter.

> “The heat of summer can affect anyone of any age,” says Frank Mozdy, M.D., Vice President and Chief Medical Officer of Summit Health, “but certain segments of the population are at higher risk for developing serious complications, like heat stroke, more quickly.” These groups include: the very young; people who are 65 or older; people who are physically ill; those with heart disease or high blood pressure, and people with a mental illness.

Dr. Mozdy advises that when heat indices are extreme or when heat waves set in, everyone should stay indoors in air conditioning when possible. “If you do go outside,” he says, “avoid strenuous work or exercise, rest often and remember to replenish lost fluids. Don’t wait to drink until you feel thirsty.” If you can’t avoid strenuous exercise in the heat, the Centers for Disease Control and Prevention recommends drinking two to four eight-ounce glasses of cool water each hour, unless your health-care provider recommends differently.

Following our guidelines in these three areas will help to ensure that your summertime living is not only easy, but comfortable, fun and safe.

**RECOGNIZE HEAT EXHAUSTION**

When the body can’t cool itself, heat exhaustion can set in. Unless steps are taken to lower the body’s temperature, heat stroke — a medical emergency — can develop. When temperatures soar, watch for these warning signs in yourself and others.

- Skin that is moist and cool, despite the heat
- Feeling faint or dizzy
- Feeling tired
- Heartbeat that is rapid, but weak
- Muscle cramps
- Nausea
- Headache

If these symptoms occur, find shade or an air-conditioned place; rest or lie down; mist yourself with cool water; and drink water or sports drinks. If symptoms get worse or don’t improve within an hour, seek immediate medical attention.
Waynesboro Hospital’s 34th Annual
HEALTH FAIR 2017

FREE Screenings* | Kid’s Activities | Prizes & Giveaways

*Blood testing is available to adults (18+) who have fasted 12 hours prior to screening.

March 11th | From 7:30-11AM
Waynesboro Area Senior High School