



UV SAFETY MONTH

HOW DO I PROTECT MYSELF FROM UV RAYS?

Some people think about sun protection only when they are spending the day at the beach, lake or pool. But did you know that the sun's UV rays can damage your skin in as little as 15 minutes, even on slightly cloudy or cool days? UV Safety Month is a time to remind ourselves to protect our skin not only in the summer months, but all year round.

Our skin is the body's largest organ. It protects us against heat, sunlight, injury, and infection. According to the CDC, skin cancer is the most common cancer in the U.S., every year, nearly 5 million people are treated for skin cancer. However, most skin cancers are preventable if you take the necessary precautions.

If you're wondering if it is possible to avoid the sun completely, it's not possible or healthy. Our bodies need vitamin D to absorb calcium and promote bone growth and we get most of our vitamin D from the sun. Although we need the nutrients, there are ways to help ensure you're not getting too much sun. If you're going to be outside, reduce your exposure and risk for skin cancer by using the layered approach.

- Stay in the shade, especially during midday hours when the sun's UV rays are strongest
- Protect your skin with clothing and wear a hat to protect your head, face, and neck
- Wear sunglasses that block UV to protect your eyes and the skin around them
- Use SPF 15 sunscreen or higher to help protect the skin that isn't covered

It doesn't matter your skin tone or age, anyone can get skin cancer. To ensure protection, make sure you are taking the necessary steps before heading outside.

PREVENT BUG BITES



AVOID THE ITCH



MOBILE MAMMOGRAMS



We love the warm weather that the summer months bring but most would agree that it'd be better without pesky bugs. Besides itching, bug bites can also carry

You're probably spending more time outside gardening, hiking, walking or running, which ups your chances of getting poison ivy. When a person is exposed to poison

The Diagnostic Imaging Centers (DIC) Mobile Mammography Bus is heading to Pareto Health & Wellness in Kansas City on August 22 and 23, from 8am

illnesses that can be passed on to you. While bugs can be relentless, you can prevent and treat bug bites with a few simple tricks.

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ivy, a rash can appear between 12 and 72 hours after exposure depending on how allergic you are to the plant. The best way to prevent poison ivy is to learn what the plant looks like so you can avoid it.

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- 5pm. To schedule your appointment, call Pareto at 816.319.0731.

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