

Vibrant Health



A JOURNAL DEVOTED TO HEALTHFUL LIVING

SUMMER 2016

Active fun— all summer long

WHEN summer comes, it's a warm, bright invitation to get outside and play. And that can help your whole family stay healthy. Here are just a few ways to squeeze more movement into your sunny days:

Make a splash.

Part fun, part exercise, swimming is one cool workout.

Safety first:

Never let kids out of sight—not even for a moment. Always swim with a buddy.

Ride a bike. You can't beat pedal-powered fun.

Safety first: Wear a helmet every ride—grown-ups too. Riding with younger kids? Try to stay off streets and on bike paths.

Play ball! Sports promote kids' confidence. Parents might be game too.

Safety first: Depending on the sport, helmets, pads, face guards or other gear is needed. If you try a new sport or fitness pursuit, increase your activity gradually. Give your body time off to rest.

If you haven't been active for a while, you might check with a doctor to make sure certain exercises are safe for you.



Roll with it. Do you favor the free-wheeling fun of skates, skateboards or scooters? Summer's a great time to learn.

Safety first: Pick a smooth, safe surface for scooters, skateboards or in-line skates. Roll with proper helmets and pads—well away from cars.

Bonus tips

Bring the sunscreen! Reapply it regularly, especially if you're swimming or sweating. Seek shade and cover up when you can. And drink plenty of clear fluids to stay hydrated.

Sources: American Academy of Orthopaedic Surgeons; American Academy of Pediatrics; LetsMove.gov

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Sunshine and safety

5 points to keep in mind

The sun might give you a tan. But it might also give you wrinkles, skin cancer and even cataracts. That's hardly worth it.

So you'll want to be smart about the sun and do all that you can to protect yourself from its damaging rays. Do your best to follow these five safeguards:

- 1 Slather on sunscreen.** Put it on all of your exposed skin, even on cloudy days. Use a water-resistant, broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Use a generous amount—about a palmful if your arms, legs, neck and face need protection. Reapply it at least every two hours and also after swimming or sweating. Remember, too, that everybody needs sunscreen—no matter what their skin color is.
- 2 Cover up.** Even with plenty of sunscreen, some rays will still penetrate your skin. So whenever you can, wear clothing that covers you—including a wide-brimmed hat.
- 3 Wear sunglasses.** Be sure they block at least 99 percent of both UVA and UVB rays. Sunglasses with labels that say “UV absorption up to 400 nm” or “meets ANSI UV requirements” will lower your risk of cataracts and other eye problems.
- 4 Try to avoid the midday sun.** If possible, head indoors or find someplace shady to hang out between the hours of 10 a.m. and 4 p.m. That's when sunlight is most intense.
- 5 Get vitamin D safely.** Your body makes vitamin D when sunlight touches your skin. Still, it's best to get this vitamin either from your diet or vitamin supplements; unlike the sun, they won't make you vulnerable to skin cancer.

Sources: American Academy of Dermatology; American Cancer Society

THE ABCDEs of melanoma

Melanoma is the most deadly form of skin cancer. These ABCDEs can help you tell if you should see a doctor about a mole or spot. Even one of these signs is a reason to see a doctor right away.



ASYMMETRY

Half of the mole or spot is unlike the other half.



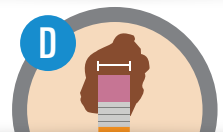
BORDER

It has an irregular or undefined border.



COLOR

The color changes from one area to another.



DIAMETER

The mole or spot is larger than a pencil eraser. (Can be smaller.)



EVOLVING

It looks different from others on your body or is changing.

Source: American Academy of Dermatology



3 great reasons to vaccinate your kids

WHEN is an ounce of prevention worth more than a pound of cure? When it has the potential to save your child's life.

Vaccines are like an ounce of prevention. They don't take long to give. And insurance usually covers them. But they could keep your child from getting certain diseases—and help keep others safe

from those diseases too. Here's how:

1 Vaccines protect against life-threatening illnesses. Thanks to vaccinations, some diseases that used to injure or kill kids, like polio and smallpox, have been completely or nearly eliminated in the U.S. But other serious illnesses (such as meningitis, measles and whooping cough) are still around. Vaccinating

your kids protects them—safely.

Doctors and scientists review vaccines to ensure their safety. Very few children have serious side effects. And because vaccines are 90 to 99 percent effective in preventing disease, the benefits outweigh any possible side effects for most kids.

2 They protect others. Some diseases, like chickenpox and measles, are highly contagious. But getting your kids vaccinated greatly reduces their risk of catching these diseases—and passing them on to others. That's especially good news for vulnerable people, including newborns who haven't had all their shots yet.

3 They save time and money today—and tomorrow. Vaccinated kids avoid diseases that could make them miss school. They're also protected from illnesses that could lead to long-term disability, lost work time and wages, and high medical costs.

For more about vaccinations, visit www.cdc.gov/vaccines/schedules.

Sources: American Academy of Pediatrics; Department of Health and Human Services

RECOMMENDED IMMUNIZATION SCHEDULE

Routine vaccines children need

These are general recommendations. Talk with your doctor about what is right for your child.

DTaP = diphtheria, tetanus, pertussis (whooping cough)
Flu = influenza
HepA = hepatitis A
HepB = hepatitis B

Hib = *Haemophilus influenzae* type b
HPV = human papillomavirus
IPV = polio
MCV4 = meningococcal
MenB = meningococcal
MMR = measles, mumps, rubella

PCV13 = pneumococcal
PPSV23 = pneumococcal
RV = rotavirus
Tdap = tetanus, diphtheria, pertussis
VAR = varicella (chickenpox)
 *Needed in some cases

Range of routinely recommended ages
 Range for certain high-risk groups
 Range for catch-up immunizations
 Range for non-high-risk groups subject to doctor's advice

BIRTH	MONTHS									YEARS							
	0	1	2	4	6	9	12	15	18	19-23	2-3	4-6	7-10	11-12	13-18		
HepB	HepB	HepB	HepB	HepB									HepB series				
		RV	RV	RV*										HPV	HPV series		
		DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	DTaP	Tdap	Tdap	Tdap		
		Hib	Hib	Hib*	Hib	Hib*	Hib	Hib	Hib	Hib	Hib	Hib	Hib	Hib	Hib		
		PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13	PCV13		
														PPSV23	PPSV23		
		IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV	IPV series	IPV series		
														Flu, yearly (2 doses*)	Flu, yearly		
					MMR	MMR	MMR	MMR	MMR	MMR	MMR	MMR	MMR	MMR series	MMR series		
						VAR	VAR	VAR	VAR	VAR	VAR	VAR	VAR series	VAR series	VAR series		
														HepA series	HepA series		
														MCV4 series	MCV4 series		
														MenB	MenB		

Updated 2016, with information from the Centers for Disease Control and Prevention

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Vibrant Health

VIBRANT HEALTH is published as a community service for the friends and patrons of San Gorgonio Memorial Hospital, telephone 951-845-1121, website www.sgmh.org.

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Peace of mind: Making an emergency supply kit

TO prepare for disasters, the *pre* is important to stress—that is, gather emergency items in advance, putting them all in one place and letting everyone in the family know where they are. If an emergency occurs, you'll be ready to provide for yourselves for a few days, if needed.

Making up a family emergency kit is a great family project. Pack items in containers that are easy to grab and carry, such as a duffel bag or one or two camping backpacks.

Begin with these basics:

- ▶ A three-day supply of water (about 1 gallon per person per day) and non-perishable food.

- ▶ A can opener and utensils for cooking and eating.
- ▶ Sanitation and hygiene items, such as toilet paper.
- ▶ A flashlight and extra batteries.
- ▶ A hand-crank or battery-powered radio.
- ▶ Extra clothes and shoes.
- ▶ Photocopies of important documents, such as emergency contacts, insurance policies, birth certificates and a list of medicines.
- ▶ A first aid kit.
- ▶ A multipurpose tool.
- ▶ Blankets or sleeping bags.
- ▶ Duct tape and plastic sheeting, in case you need to shelter in place.

- ▶ Any special items, such as medicines, baby formula and pacifiers, or food and water for pets.

Keep the supplies in a cool, easy-access spot and replace the food and water every six months. Rethink the kit once a year to keep

up with your family's changing needs, advises the Federal Emergency Management Agency.

For more ideas—including additional items to pack and what else to consider during emergencies and evacuations—visit the American Red Cross at www.redcross.org.

For more information on disaster preparedness and how SGMH prepares itself and the community for a disaster, please contact Jan Merrick, SGMH Disaster Preparedness Coordinator, at jmerrick@sgmh.org or 951-845-1121.



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