

## **A Healthy Guide for Seniors Who Want to Play in the Sun**

It's August in Southern California when we have some of our hottest weather. No matter your age, wearing UV blocking sunglasses, a broad-brimmed hat and SPF (Sun Protection Factor) lotion when you're out in the sun are musts. No one wants a burn or, worse yet, to develop skin cancer, but when you're a senior (65+) you are more susceptible to dehydration, so it's necessary to take extra precautions when you are in the sun.

### **What can seniors or the elderly do to protect themselves?**

- **Dress in clothing with a dense weave and in darker colors.** It offers you the best defense against the sun.
- **Stay in the shade.** Avoid the sun from 10:00 a.m. and 4:00 p.m. when the UV rays are the strongest.
- **Apply a sun lotion with at least a 15 SPF within a half hour to an hour of going outside.** If you're going to be out in the sun for an extended period or in the water, use something with at least a 30 SPF to prevent burning. (FACT: Adults who have had four or more sunburns are more likely to develop melanoma.) Be sure to reapply your sun lotion every two hours and after you've gone swimming.
- **Wear sunglasses.** Choose sunglasses that block a high percentage of UV rays and wrap around the eye area.
- **Avoid tanning booths.** Tanning booths use UV radiation known to cause cancer. According to the American Academy of Dermatology, just four visits to a tanning salon per year can increase your risk for melanoma by 11%, and for the two most common forms of skin cancer, basal cell carcinoma and squamous cell carcinoma, by 15%.
- **Drink plenty of fluids.** To avoid dehydration drink 6-8 glasses of water a day and eat fresh fruits and vegetables.

### **If you do get a sunburn or stay out in the sun for too long, try the following tips for some relief:**

- Aspirin, acetaminophen or ibuprofen will help relieve the pain, headache or fever.
- A cool bath will help reduce the sting of the burn.
- Moisturize with an aloe-based cream.
- Replenish your fluids.

Be safe during the hot weather and remember to cover up!

Senior Resources, Inc. helps seniors, boomers and their families on options for independent living, assisted living and communities/homes and can provide non-medical caregiver options at home, a hospital or a facility. Contact Sandy Rosenholz, Senior Resources Care Manager at (818) 359-2125 or visit Senior Resources, Inc. at: [www.SeniorResourcesCA.com](http://www.SeniorResourcesCA.com).