

Health, Fitness & Beauty Guide

Why protecting your skin matters all year long



(StatePoint) As the seasons change and the weather cools, you may be naturally inclined to pay less attention to the health and appearance of your skin. However, experts say that falling temperatures should not coincide with ditching your skin protection routine.

“Along with the fall season comes skin hazards,” says Dr. Rachel Nazarian, a New York City dermatologist. “Believe it or not, exercising, being exposed to sunlight and even enjoying a glass of wine, are all activities that may cause the formation of free radicals.”

Taking daily measures to protect the body from the inside out is important for looking and feeling your best. For year-round skin care, check out the following tips.

- **Maintain your SPF habit:** You may no longer be rocking a bathing suit outdoors, but your skin is still exposed to sunlight. In fact, even when you are inside or driving, you are still getting sun exposure through windows.

So continue to protect yourself from UV rays by applying sunscreen daily. Don't forget your lips – opt for a lip balm containing SPF.

- **Rock shades:** While the flip flops may need to be retired until next summer, your sunglasses can and should continue to be part of your wardrobe. Protecting your eyes and the skin around them, sunglasses are far more than just a stylish accessory.

- **Help your skin help itself:** Your body is exposed to the harsh effects of free radicals year-round. Unfortunately, free radicals and premature aging go hand-in-hand. Consider neutralizing them and the damage they can cause from the inside out. One way to do so is with Heliocare Daily Use Antioxidant Formula. Dermatologist-recommended, this natural, dietary supplement contains 240 mg of a powerful antioxidant formula derived from the extract of Polypodium leucotomos (PLE), a tropical fern native to Central and South Amer-

ica that has been used for centuries as a remedy for skin related conditions.

“Many of my patients come to me with questions about how to maintain their skin's youthful appearance,” says Dr. Nazarian. “I tell them to consider taking Heliocare on a year-round basis.”

To learn more and to access additional skin care information, visit heliocare.com.

Tips to keep families healthy this fall



(BPT) - This year, preventing illness at home is part of everyone's focus. A simple runny nose could mean anything from the common cold or allergies to something more serious like the flu or COVID.

“This fall, parents' #1 priority should be keeping their family healthy,” says Dr. Wendy Wright, adult and family nurse practitioner, owner of two family-health clinics and spokesperson for Advil. “In addition to COVID-19 concerns, there's the typical cold and flu season to consider, with these dual threats unlike anything we've ever faced before. By being

proactive and knowing smart steps to treat illness, you'll help support your family's well-being.”

Wright recommends these three tips to help keep families healthy this fall:

1. Wash and disinfect daily

Whenever you and your family re-enter the home, wash your hands right away with soap and water. Wash hands well for 20 seconds, or about the time it takes to sing “Happy Birthday” twice. If soap and water aren't readily available, the CDC recommends an alcohol-based hand sanitizer that contains at least 60% alcohol.

You should apply the hand sanitizer gel in the palm of your hand, rub your hands together and then rub the gel on your hands and fingers for 20 seconds until they're dry.

You should also disinfect commonly touched items. For kids attending school, this means wiping down backpacks, lunch boxes inside and out and folders used to bring paperwork to and from school each day.

2. Monitor and treat a fever

This cold and flu season, monitoring and treating

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Foot and ankle symptoms you should never ignore



(StatePoint) Many people deal with foot and ankle concerns by simply ignoring them, hoping the problem goes away. However, certain symptoms could be a sign of a serious condition, warn experts.

To help you determine when it's time to consult a specialist, The American College of Foot and Ankle Surgeons is offering insights into symptoms that affect the foot or ankle and frequently are signs of serious medical conditions:

- **Deep Vein Thrombosis (DVT):** DVT is a condition in which a blood clot forms in a deep vein, most commonly in calves or thighs. Potentially very dangerous, DVT can lead to a pulmonary embolism. See a doctor if you

experience swelling in the leg, pain in the calf or thigh, or warmth and redness of the leg.

- **Peripheral Artery Disease (PAD):** PAD is the restriction of blood flow in the arteries of the leg and could be an indication of more widespread arterial disease that can cause stroke or heart attack. Common symptoms include leg cramping while walking or lying down, leg numbness or weakness, cold legs or feet, sores on the toes, feet or legs that won't heal, a change in leg color, loss of hair on the feet and legs, and changes in toenail color and thickness.

- **Osteoporosis:** Osteoporosis, a bone-thinning disease affecting more than 28 million Americans, accounts for 1.5 million bone fractures

annually. One early symptom is increased pain with walking, accompanied by redness and swelling on the top of the foot. A foot and ankle surgeon can diagnose osteoporosis through a bone densitometry test.

- **Foot Bumps:** Common foot bumps include ganglionic cysts and plantar fibromas. While both benign, these bumps tend not to go away on their own and can cause discomfort and disruption of everyday activities. Foot bumps can also be cancerous.

- **Charcot Foot:** Charcot foot, a severe diabetes complication, is a sudden softening of the foot's bones caused by neuropathy. It can trigger an avalanche of problems, including joint loss, fractures, collapse of the arch, massive

deformity, ulcers, amputation and even death. Charcot foot cannot be reversed, but its destructive effects can be stopped. Symptoms appear suddenly and can include warm and red skin, swelling and pain.

- **Ulcers:** Not only is a foot ulcer a painful condition which can lead to amputation, it can be indicative of

several underlying ailments, which are critical to diagnose and treat, including diabetes, circulatory problems and issues with the mechanics of the foot or leg. Telltale signs that an ulcer may be brewing are swelling, temperature changes in the feet, color changes and calluses.

For more foot care information, visit FootHealthFacts.org, the ACFAS patient education website.

"Even foot and ankle symptoms that seem minor could be signs of a serious medical condition, like diabetes, heart disease, osteoporosis or arthritis," says Dr. Loveland. "Consulting a foot and ankle surgeon is the first step toward diagnosis and early intervention."

Benefits of Massage Therapy



By Shalini Madhav

Massage therapy provides relief from a variety of issues. Here are a few of the most common benefits:

- **Relaxation:** When your body is going through stress and anxiety, it produces cortisol that can cause weight gain, headaches, digestive issues and lack of sleep. According to many research studies, massage therapy reduces the cortisol levels helping you get into the recovery mode.

- **Stress reduction:** You can get relief from stress with regular sessions of massage. It can help you enjoy a higher level of energy, reduce pain and improve your overall performance.

- **Lower blood pressure:** Many studies have shown that massage can control both diastolic and systolic blood pressure. By keeping your blood pressure under control, you can control your

depression, tension, hostility and anxiety, which will reduce your likelihood of having a heart attack.

- **Improved circulation:** With proper circulation you can relax your tense or stiff muscles, which will promote recovery from injuries.

- **Improved posture:** A large number of US citizens suffer from the pain of neck, back and muscle. However, in most cases, the pain occurs because of bad posture.

- **Strengthened Immune system:** If you experience a lot of stress, you are more prone to injury and illness. When combined with poor nutrition, your immune system loses its strength. Getting a massage on a regular basis makes your immune system stronger.

So, if you want to enjoy the benefits mentioned above, make sure you get a massage on a regular basis.

Source: EzineArticles.com

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Why kids need regular eye exams

(StatePoint) Regular eye exams are essential for kids. Not only will an eye exam help a child see more clearly, but this essential visit can also detect a broad range of issues related to eye health and overall wellness.

• When should I get my child's eyes checked? The American Academy of Ophthalmology and the American Academy of Pediatrics recommend having your child's vision checked regularly, starting in infancy.

Kids – and adults for that matter – don't always know they are experiencing a vision

problem. As a result, they may be compensating for vision issues by turning their head to the side, squinting or holding their reading material up close or far away.

• What information should I share at the appointment? Be sure to share any behaviors or symptoms with your child's doctor that could be related to eye health. You should also mention all the activities and sports your child participates in which may be impacted by vision.

• Are contacts right for my child? Contact lenses may give the wearer a full field

of clear, focused vision and many eye care professionals believe that children who demonstrate responsibility are excellent candidates for them. With many teens preferring contact lenses over glasses, this upcoming eye exam may be a good time to get your child fitted. And it makes sense in the current environment, as contact lenses can be a great alternative for glasses that fog up with a face mask.

Contact lenses that provide comfortable vision when working for long hours on digital devices can also prove

to be beneficial. Research has shown that half of teens are almost constantly online – between smartphone usage, video games, and school work – it's important to know that digital devices can contribute to reduced blink rates, which can lead to dryness. Ask your eye doctor about lenses that have a high moisture content, feel comfortable throughout the day and are easy to insert, like Biotrue ONEday contact lenses from Bausch + Lomb, which maintain nearly 100 percent of their moisture for a full 16 hours. The brand's daily disposables are also a great choice for first-time



With healthy eyes and good vision, you can set your child up for comfort and success.

wearers, as there is no need to clean and store the lenses after removal, just dispose of them and start with a fresh

new pair each day. For more information, visit, BiotrueONEdaylenses.com.

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fevers are more important than ever to reduce the spread of germs. Readings at or over 100.4 F indicate a fever and may be a sign of underlying illness. Keep family members at home if they have a fever and treat as necessary with Advil to reduce fever and relieve minor aches and pain associated with the common cold or flu. There are different types of Advil that your entire family can use to ensure everybody in your home has options.

3. Set routines to prioritize health

Routines bring structure to the day, something that will be key when kids are back in school, be it in-person, at-home or a hybrid approach. Now that kids are waking up earlier, they also need to go to bed early. Adequate sleep provides energy, helps students focus and supports a healthy immune system.

The CDC recommends

these sleep guidelines depending on your child's age:

• Preschool 3-5 years old: 10-13 hours

• School-age 6-12 years old: 9-12 hours

• Teen 13-18 years old: 8-10 hours

A well-balanced diet is also important for a healthy household. The CDC recommends the following healthy eating habits:

• Provide plenty of vegetables, fruits, and whole-grain products

• Include low-fat or non-fat milk or dairy products,

including cheese and yogurt

• Choose lean meats, poultry, fish, lentils, and beans for protein

• Encourage your family to drink lots of water

• Limit sugary drinks

• Limit consumption of sugar and saturated fat

Parents should also ask kids how they are feeling both mentally and physically and note any symptoms. Of course, if someone feels ill or is showing signs of sickness, stay home and seek immediate medical attention from your healthcare provider.