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*Live. Life. Well.*

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## 5 Simple Ways to Prevent Sun Damage

Repeated exposure to the sun's harmful ultraviolet (UV) radiation is thought to be responsible for approximately 70%<sup>1</sup> of skin cancers, and most health experts believe 80%<sup>2</sup> of the most damaging sun exposure occurs before the age of 18.

The good news is that there are some things that you can do right now to dramatically reduce the health risks associated with sun exposure.

Use these simple strategies to help prevent sun damage:

**Use sunscreen.** Dermatologists recommend choosing a sunscreen with an SPF of at least 30, and reapplying every couple of hours for optimal protection.<sup>3</sup>

**Wear UPF clothing.** Clothing with a built-in ultraviolet protection factor (UPF) can help shield your skin from UV light. It can be especially helpful when sunscreen is not practical or available.

**Wear a hat.** Hats offer a simple form of skin protection, and the wider the brim, the better.

**Avoid peak UV ray hours.** The sun's rays are most damaging between the hours of 10 AM and 4 PM, so plan outdoor activities around these times to minimize exposure.

**Eat more lycopene.** Lycopene is a phytonutrient found in red-colored plants like tomatoes, guava, and watermelon. Research has shown that it is protective against UV-induced skin damage.<sup>4</sup>



**Wear sunglasses.** UV exposure has been linked to age-related macular degeneration, glaucoma, and cataracts. Remember to protect your eyes from the sun's damaging rays as well.<sup>5</sup>

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*With just a few simple preventive self-care strategies, you can reduce your exposure to the sun's damaging ultraviolet rays, and ultimately reduce your risk of developing a serious skin condition.*

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1. <https://doi.org/10.1155/S1110724301000122>
2. <https://my.clevelandclinic.org/health/diseases/10985-sun-exposure--skin-cancer>
3. <https://www.aad.org/public/everyday-care/sun-protection/sunscreen-patients/>
4. <https://doi.org/10.1038/s41598-017-05568-7>
5. <https://doi.org/10.1002/jbip.201700377>





## Hydration and Skin Health

Does water really improve your skin health? For years, health blogs and beauty magazines have insisted that hydration plays a central role in skin health. So far, though, the research has not backed up those claims.<sup>6</sup>

There is little doubt that water is essential for good health. Drinking enough fluid enables your body to clear toxic substances from your bloodstream and transport essential nutrients to the cells in your body, including the cells in your skin. Even so, research is lacking in terms of just how much impact hydration has on skin integrity. Nevertheless, creating healthy hydration habits is a good idea.<sup>7</sup>

Here are a few tips to help you become and remain hydrated:

**Drink lots of water.** Fill up a water bottle in the morning to serve as a reminder to drink water throughout the day, and use the bottle to gauge your overall fluid intake.

**Include soup several times a week.** Soups contain high amounts of fluid and can be a great way to boost your fluid intake. Canned soups can also be high in sodium, so check labels carefully. Homemade soups with vegetables are a healthier option.

**Eat 5 to 9 a day.** Aim to eat at least 5 (preferably 9) servings of fruits and vegetables each day. Plants contain large amounts of water, and about 20%<sup>8</sup> of your daily fluid needs come from food sources. In addition to the water content, plants contain beneficial phytonutrients that have been shown to be protective<sup>9</sup> of skin as well.




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*While hydration alone may not be the biggest determinant of your skin's overall health, it certainly plays an essential role in your body's ability to maintain optimal function.*

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6. <https://doi.org/10.3390/nu11010070>

7. <https://doi.org/10.3390/nu2080903>

8. <https://www.eatright.org/food/nutrition/healthy-eating>

9. <https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/>



## 5 Reasons to See a Dermatologist

Dermatologists are doctors who specialize in treating conditions that involve the largest organ in your body—your skin. According to the World Cancer Research Fund, skin cancer is the 19th most common cancer around the globe. A dermatologist can help you identify skin problems early, long before they advance into more serious problems.<sup>10</sup>

### Here are 5 reasons to see a dermatologist:

**You notice a change in your skin.** Whenever you discover an unusual change in your skin's color, thickness, shape, or texture, have it examined by a doctor as soon as possible. Melanoma is the most malignant form of skin cancer, and early detection is critical.

**Your skin is itchy.** Itchy skin is common with conditions like eczema and psoriasis, but it can also occur with allergies, infections, and environmental exposures. Consulting with a dermatologist can help you determine the root cause of your symptoms, so you can select the best treatment.

**You are losing excessive amounts of hair.** While dermatologists are most known for treating skin conditions, their expertise also extends to hair and nails. Hair loss is often hereditary, but it can also be related to stress, hormonal changes, and a number of other medical conditions.

**You have a rash.** Rashes and raised, red areas of the skin could be a sign that something else is going on with your health. Infections, reactions to medications, and even changes in laundry detergents or soap can cause changes in your skin.



**Be proactive.** Having your skin evaluated regularly is a good act of prevention, especially if you spend a lot of time in the sun or are at high risk for skin cancer. Take advantage of local health screening events or schedule an annual appointment with a dermatologist that is covered under your Aetna health plan.

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*Early intervention is key when it comes to preventing serious skin conditions. Be sure to see your primary care provider or dermatologist whenever you notice changes in your skin.*

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<sup>10</sup>. <https://www.wcrf.org/dietandcancer/skin-cancer-statistics/>

## What is the skin?

The [skin](#) is the body's largest organ, made of water, protein, fats and minerals. Your skin protects your body from germs and regulates body temperature. Nerves in the skin help you feel sensations like hot and cold.

Your skin, along with your hair, nails, oil glands and sweat glands, is part of the integumentary (in-TEG-you-MEINT-a-ree) system. "Integumentary" means a body's outer covering.

### What does the epidermis (top layer of skin) do?

Your epidermis is the top layer of the skin that you can see and touch. Keratin, a protein inside skin cells, along with other proteins, sticks together to form this layer. The epidermis:

- **Acts as a protective barrier:** The epidermis keeps bacteria and germs from entering your body and bloodstream causing infections. It also protects against rain, sun and other elements.
- **Makes new skin:** The epidermis continually makes new skin cells. These new cells replace the approximately 40,000 old skin cells that your body sheds every day. You generate new skin every 30 days.

**Protects your body:** Langerhans cells in the epidermis are part of the body's [immune system](#). They help fight off germs and infections.

- **Provides skin color:** The epidermis contains melanin, the pigment that gives skin its color. The amount of melanin you have determines the color of your skin, hair and eyes. People who make more melanin have darker skin and may tan more quickly.

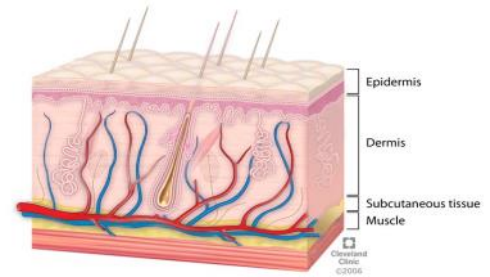
### What does the dermis (middle layer of skin) do?

The dermis makes up 90% of skin's thickness. This middle layer of skin:

- **Has collagen and elastin:** Collagen is a protein that makes skin cells strong and resilient. Another protein found in the dermis, elastin, keeps skin flexible. It also helps stretched skin regain its shape.
- **Grows hair:** The roots of [hair follicles](#) attach to the dermis.
- **Keeps you in touch:** Nerves in the dermis tell you when something is too hot to touch, itchy or super soft. These nerve receptors also help you feel pain.
- **Makes oil:** Oil glands in the dermis help keep the skin soft and smooth. Oil also prevents your skin from absorbing too much water when you swim or get caught in a rainstorm.

**Produces sweat:** Sweat glands in the dermis release [sweat](#) through skin pores. Sweat helps regulate your body temperature.

**Supplies blood:** Blood vessels in the dermis provide nutrients to the epidermis, keeping the skin layers healthy.



### What are the layers of the skin?

Three layers of tissue make up the skin:

- **Epidermis**, the top layer.
- **Dermis**, the middle layer.
- **Hypodermis**, the bottom or fatty layer.

### What does the hypodermis (bottom layer of skin) do?

The bottom layer of skin, or hypodermis, is the fatty layer. The hypodermis:

- **Cushions muscles and bones:** Fat in the hypodermis protects muscles and bones from injuries when you fall or are in an accident.
- **Has connective tissue:** This tissue connects layers of skin to muscles and bones.
- **Helps the nerves and blood vessels:** Nerves and blood vessels in the dermis (middle layer) get larger in the hypodermis. These nerves and blood vessels branch out to connect the hypodermis to the rest of the body.
- **Regulates body temperature:** Fat in the hypodermis keeps you from getting too cold or hot.

### What else makes up the skin?

One inch of your skin has approximately 19 million skin cells and 60,000 melanocytes (cells that make melanin or skin pigment). It also contains 1,000 nerve endings and 20 blood vessels.



# ONGOING VIRTUAL CLASSES FOR THE 2022-23 SCHOOL YEAR



These complimentary programs are available on Zoom in Eastern Standard Time (EST). Download the Zoom app at [Zoom.us](https://zoom.us).

For more information, please visit [BaptistHealth.net/CommunityHealth](https://BaptistHealth.net/CommunityHealth) or email [Programs@BaptistHealth.net](mailto:Programs@BaptistHealth.net).

Use the password **zoom** (lowercase) to join **VirtualCommunity Health Classes**.

## VIRTUAL COMMUNITY *Health Classes*

For a list of our classes in partnership with Mind Body Social, please visit:  
[mbs.events/online](https://mbs.events/online)



Please use the password  
**“zoom”**  
in lowercase letters to join webinars.



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# Naturally Flavored Water Recipe



Prep Time

5 Minutes

Cook Time

na

Servings

8

## Nutrition Facts

|              |      |
|--------------|------|
| Calories     | 10   |
| Fat          | 0.1g |
| Sodium       | 7mg  |
| Carbohydrate | 2.2g |
| Fiber        | 0.6g |
| Sugars       | 1.3g |
| Protein      | 0.1g |

Source:

[15 Flavored Water Recipes - Deliciously Organic](#)

## INGREDIENTS

- 1 cup fruit such as citrus or berries
- 2 sprigs herbs such as thyme or mint
- 8 cups water

## INSTRUCTIONS

1. Combine all ingredients together in a pitcher.
2. Muddle to release the juices or leave the fruit to float.

## Combination Suggestions:

- |                         |                               |
|-------------------------|-------------------------------|
| Lemon, Lime and Orange  | Orange and Vanilla            |
| Raspberry and Lime      | Strawberry and Basil          |
| Pineapple and Mint      | Cherry and Lime               |
| Lemon and Cucumber      | Blackberry and Ginger         |
| Blackberry and Sage     | Peach and Vanilla Bean        |
| Watermelon and Rosemary | Honeydew and Lime             |
| Mango and Blueberries   | Pineapple, Raspberry and Mint |
| Peach, Lemon and Thyme  |                               |





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