

Health Triangle

The official e-mag of
UK Health Radio



Health Focus: & Sunscreen & Sun Safety

PREPARING FOR &
RECOVERING FROM
RADIATION THERAPY
by Heidi Kussmann

WHAT IS YOUR “WORRY” COSTING YOU?

Are you
getting
enough
Magnesium?

Foot Health

ANNOUNCING
THE WINNERS
OF OUR LATEST
HEALTH
AWARDS
2022





I wonder if the ocean smells different on the other side of the world."

- J.A. Redmerski

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Health
Triangle

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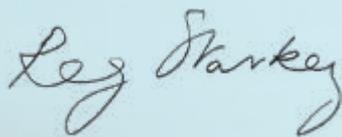
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Editor's Note:

This Month ▲

“TURN YOUR FACE TO THE SUN AND LET THE SHADOWS FALL BEHIND YOU.”

This advice is attributed to both Walt Whitman and Helen Keller. Either way, it's good advice. However, if you are going to take it literally, the **NHS Health Focus** would encourage you to use sunscreen, wear a hat and enjoy the shade. Like **Cindy Hurn** sitting in her garden with her thoughts, her black cat and her washing in the sunshine on a line. **Gail Watson** and **JJ Stenhouse** have curated an amazing collection of female Voices of the 21st Century. And we have added some familiar voices of our own - **Janey Lee Grace** on skincare and also magnesium, **Danielle Sax** on worry, **Catherine Carrigan** in rhythms, **Leaha Mattinson** on frequencies, **Amanda Thomas** with more fun facts, **Kino MacGregor** on imperfection. Then there are all the latest **Health Awards** Winners, **Yes to Life**, **Diet dilemmas**, **Drinking or not Drinking** - and **Diabetes** back on the beach! Plus a truly beautiful American love poem and reviews of English and American films. We hope you can find plenty in this new edition to brighten your day and enlighten your mind, wherever and whenever you choose to read it!



Reg Starkey
Editor



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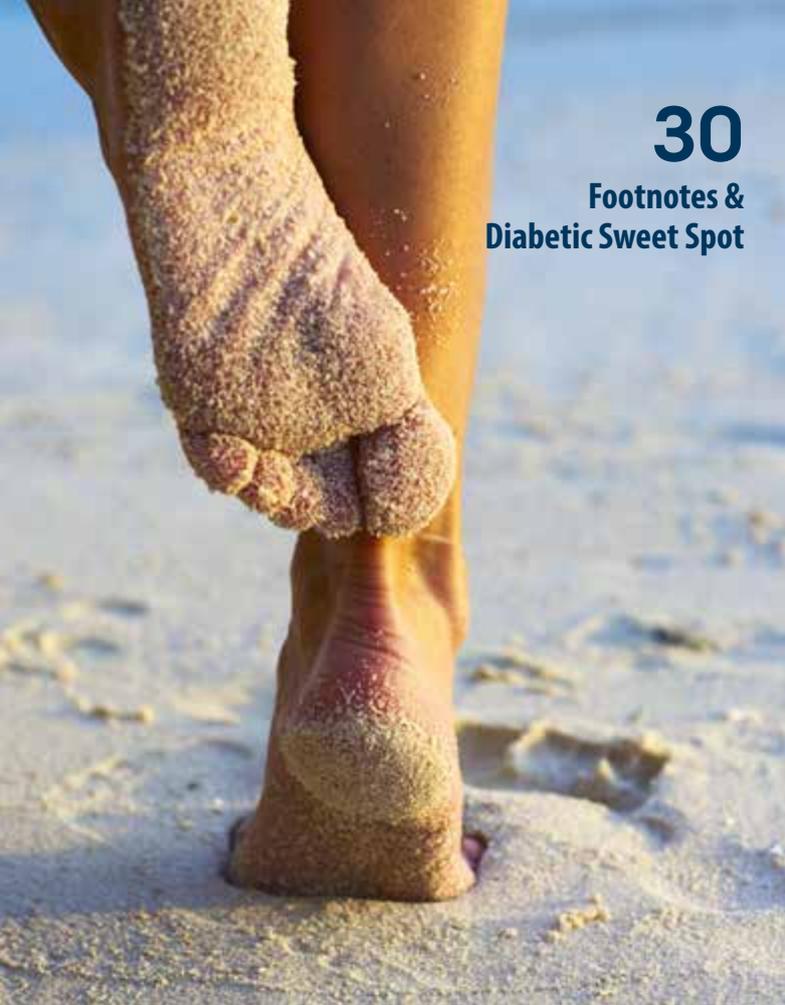
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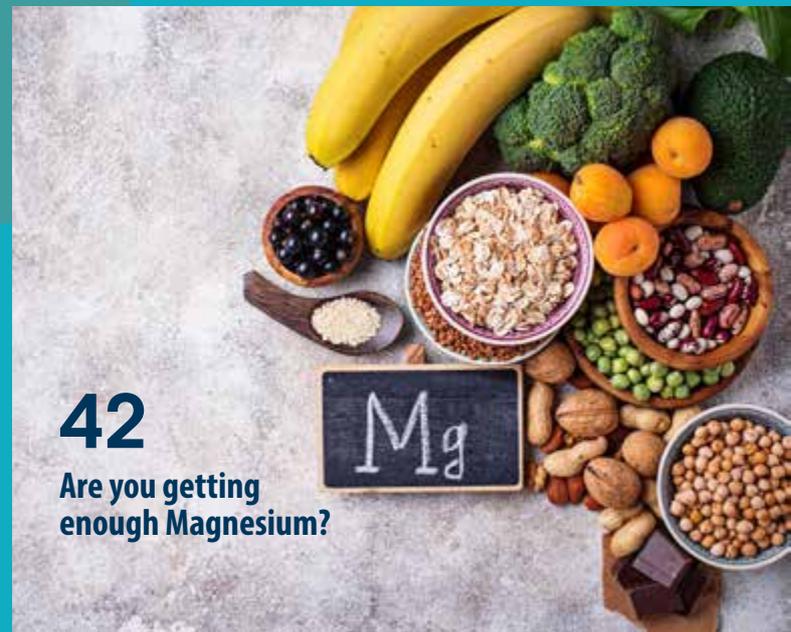
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Are you getting enough Magnesium?



Sunscreen & Sun Safety

Advice for adults and children on sunscreen
and sun safety in the UK and abroad.

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it's cloudy.

There's no safe or healthy way to get a tan. A tan does not protect your skin from the sun's harmful effects.

Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

SUN SAFETY TIPS

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen

WHAT FACTOR SUNSCREEN (SPF) SHOULD I USE?

Do not rely on sunscreen alone to protect yourself from the sun. Wear suitable clothing and spend time in the shade when the sun's at its hottest.

When buying sunscreen, the label should have:

- **a sun protection factor (SPF) of at least 30 to protect against UVB**
- **at least 4-star UVA protection**
- **UVA protection can also be indicated by the letters "UVA" in a circle, which indicates that it meets the EU standard.**

Make sure the sunscreen is not past its expiry date. Most sunscreens have a shelf life of 2 to 3 years.

Do not spend any longer in the sun than you would without sunscreen.

What are the SPF and star rating?

The sun protection factor, or SPF, is a measure of the amount of ultraviolet B radiation (UVB) protection. SPFs are rated on a scale of 2 to 50+ based on the level of protection they offer, with 50+ offering the strongest form of UVB protection.

The star rating measures the amount of ultraviolet A radiation (UVA) protection. You should see a star rating of up to 5 stars on UK sunscreens. The higher the star rating, the better.

The letters "UVA" inside a circle is a European marking. This means the UVA protection is at least a third of the SPF value and meets EU recommendations.

Sunscreens that offer both UVA and UVB protection are sometimes called broad spectrum.

HOW TO APPLY SUNSCREEN

Most people do not apply enough sunscreen.

As a guide, adults should aim to apply around:

- **2 teaspoons of sunscreen if you're just covering your head, arms and neck**
- **2 tablespoons if you're covering your entire body while wearing a swimming costume**

If sunscreen is applied too thinly, the amount of protection it gives is reduced.

If you're worried you might not be applying enough SPF30, you could use a sunscreen with a higher SPF.

If you plan to be out in the sun long enough to risk burning, sunscreen needs to be applied twice:

- 30 minutes before going out
- just before going out

Sunscreen should be applied to all exposed skin, including the face, neck and ears, and head if you have thinning or no hair, but a wide-brimmed hat is better. Sunscreen needs to be reapplied liberally and frequently, and according to the manufacturer's instructions. This includes applying it straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.

It's also recommended to reapply sunscreen every 2 hours, as the sun can dry it off your skin.

SWIMMING AND SUNSCREEN

Water washes sunscreen off, and the cooling effect of the water can make you think you're not getting burned. Water also reflects ultraviolet [UV] rays, increasing your exposure.

Use water-resistant sunscreen if it's likely you'll sweat or have contact with water.

Sunscreen should be reapplied straight after you have been in water, even if it's "water resistant", and after towel drying, sweating or when it may have rubbed off.

CHILDREN AND SUN PROTECTION

Take extra care to protect babies and children. Their skin is much more sensitive than adult skin, and damage caused by repeated exposure to sunlight could lead to skin cancer developing in later life.

Children aged under 6 months should be kept out of direct strong sunlight.

From March to October in the UK, children should:

- **cover up with suitable clothing**
- **spend time in the shade, particularly from 11am to 3pm**
- **wear at least SPF30 sunscreen**

Apply sunscreen to areas not protected by clothing, such as the face, ears, feet and backs of hands.

To ensure they get enough vitamin D, all children under 5 are advised to take vitamin D supplements.

PROTECT YOUR EYES IN THE SUN

A day at the beach without proper eye protection can cause a temporary but painful burn to the surface of the eye, similar to sunburn.

Reflected sunlight from snow, sand, concrete and water, and artificial light from sunbeds, is particularly dangerous.

Avoid looking directly at the sun, as this can cause permanent eye damage.



Sunscreen & Sun Safety

Clothing and sunglasses

Wear clothes and sunglasses that provide sun protection, such as:

- a wide-brimmed hat that shades the face, neck and ears
- a long-sleeved top
- trousers or long skirts in close-weave fabrics that do not allow sunlight through
- sunglasses with wraparound lenses or wide arms with the CE Mark and British Standard Mark 12312-1:2013 E

HOW TO DEAL WITH SUNBURN

Sponge sore skin with cool water, then apply soothing aftersun cream or spray, like aloe vera.

Painkillers, such as paracetamol or ibuprofen, will ease the pain by helping to reduce inflammation caused by sunburn.

Stay out of the sun until all signs of redness have gone. Seek medical help if you feel unwell or the skin swells badly or blisters. Stay out of the sun until all signs of redness have gone.

WHO SHOULD TAKE EXTRA CARE IN THE SUN?

You should take extra care in the sun if you:

- have pale, white or light brown skin
- have freckles or red or fair hair
- tend to burn rather than tan
- have many moles
- have skin problems relating to a medical condition
- are only exposed to intense sun occasionally (for example, while on holiday)
- are in a hot country where the sun is particularly intense
- have a family history of skin cancer

People who spend a lot of time in the sun, whether it's for work or play, are at increased risk of skin cancer if they do not take the right precautions.

People with naturally brown or black skin are less likely to get skin cancer, as darker skin has some protection against UV rays. But skin cancer can still occur.

The Cancer Research UK website has a tool where you can find **out your skin type** to see when you might be at risk of burning.



PROTECT YOUR MOLES

If you have lots of moles or freckles, your risk of getting skin cancer is higher than average, so take extra care. Avoid getting caught out by sunburn. Use shade, clothing and a sunscreen with an SPF of at least 30 to protect yourself.

Keep an eye out for changes to your skin.

Changes to check for include:

- a new mole, growth or lump
- any moles, freckles or patches of skin that change in size, shape or colour

Report these to your doctor as soon as possible. Skin cancer is much easier to treat if it's found early.

USING SUNBEDS

The British Association of Dermatologists advises that people should not use sunbeds or sunlamps. Sunbeds and lamps can be more dangerous than natural sunlight because they use a concentrated source of UV radiation.

Health risks linked to sunbeds and other UV tanning equipment include:

- skin cancer
- premature skin ageing
- sunburnt skin
- eye irritation

It's illegal for people under the age of 18 to use sunbeds, including in tanning salons, beauty salons, leisure centres, gyms and hotels.



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▲ **Dieting** Dilemma

“Globally, the prevalence of obesity is steadily increasing.”

Repeated **Weight LOSS** attempts

DO NOT guarantee the best outcome

Individuals who had repeatedly attempted to lose weight had higher body mass index than those without prior weight loss attempts, according to a recent study from the University of Eastern Finland.

In addition to a higher BMI, individuals who had repeatedly attempted to lose weight reported a higher tendency to purposefully restrict food intake for weight

control, and more uncontrolled eating with a tendency to overeat, than those with no prior weight loss attempts. The study explored weight management among Finnish adults with a special reference to weight loss history, defined as the number of weight loss attempts during one's lifetime.

The researchers studied the relationships between a lifetime history of weight loss and eating behaviour ...

▲ Mineral Riches

Are you getting enough Magnesium?

by Janey Lee Grace

I loved interviewing leading Natural health educator **Clive De Carle** on **UK Health**

Radio recently, and then Clive's supplement brand entered the awards. I got chance to discuss a few supplements at length with Clive and realised that, despite knowing a fair bit about holistic health, there were a few missing links!

Magnesium is possibly THE most underrated yet the most important mineral that is lacking from our diets. Many people believe that Magnesium has been stripped from our soil due to industrial farming methods, pollution and many other factors...





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