

Stafford Pharmacy and Home Healthcare

August News

Be Sun Smart!

Protect Yourself

- Avoid direct sun exposure between 11 am and 4 pm when UVB rays are the strongest.
- Wear protective clothing if possible (sunglasses, hat, long sleeved shirt etc.) Cotton shirts have an SPF of 8 and a polyester/lycra shirt has an SPF of 35. The SPF is decreased if clothing is wet.
- Wear sunscreen!

Sunscreen FAQ's

- Sunscreen's act as a barrier and work by absorbing the sun's UV rays or reflecting them away from your skin.
- Look for a product that protects against both UVA and UVB. These products are labeled "broad spectrum".

- An SPF rating of 30 or higher is recommended for everyone.
- Apply a liberal amount 20-30 minutes before sun exposure to allow product to bond to your skin.
- Cannot be used in children under the age of 6 months. For those over 6 months old look for products specially formulated for children and babies.
- **Re-apply** sunscreen every **2 hours** and **after swimming** or **heavy sweating**. (Water resistant sunscreen remains on skin for 40 minutes while in water, and very water resistant stays on for 80 minutes)
- Apply **bug spray** 30 minutes **after** applying sunscreen to prevent a decrease in the effectiveness of the sunscreen.
- Do not use a sunscreen after the expiry date as it will be less effective than the label states.

Treating Sunburn

- For mild sunburn take a cool bath, apply cold compresses for 20 minutes at a time, and rehydrate by drinking plenty of water.
- Keep the skin well moisturized with a soothing moisturizing lotion such as Aveeno (with oatmeal).
- If sunburn is moderate an oral anti-inflammatory such as ibuprofen or pain reliever such as acetaminophen may be used.
- **Ask your pharmacist for advice on how to care for your sunburn!**

Pharmacist's Product

Recommendations

Hawaiian Tropic Island Sport Sunscreen Spray SPF 30

Banana Boat Baby Tear Free Sunscreen SPF 60

Fact or Fiction: Hitting the Tanning Bed before you Go on Holidays Will Prevent Sun Burn?

Fiction!!!! Getting a tan before you go on holidays will not protect you from the sun on holiday! At best, a tan is equivalent to an SPF of only 2 to 4, which is not enough to keep you safe in the sun.

Indoor tanning (using a tanning bed) before the age of 30 dramatically increases your risk of developing skin cancer. In fact, the World Health Organization is now classifying Indoor tanning in it's highest risk category stating it is "carcinogenic to hu-

mans".

In Canada, skin cancer is the most commonly diagnosed cancer and it's incidence is on the rise. For Canadians born in the 1990's, there is a 1 in 6 lifetime risk of having skin cancer, for those born in the 1960's there is a 1 in 20 lifetime risk. The main cause of skin cancer is too much UV radiation.

In 2010, over **75,000 Canadians** will be newly diagnosed with **skin cancer**.



Don't let it be you!

Indoor tanning is OUT!

Wear sunscreen!

Protect yourself from mosquito bites!!

Protect Yourself

- Wear long sleeved shirts and long pants if possible when outdoors.
- Use mosquito netting over infant strollers.
- Repair broken screen doors or windows to keep your house mosquito-free.
- Drain sources of standing water to reduce the amount of mosquito's around your home.

Bug Spray FAQ's

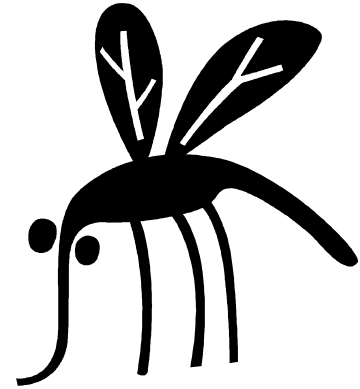
- The active ingredient in insect repellents is diethyltoluamide (DEET).
- Apply a mosquito repellent containing 30% DEET for optimal protection.
- DEET 30% can be used on anyone over the age of 2 months old.
- When applied properly DEET 30% will be effective for 4-6 hours.

- Spray on arms, legs and torso. To apply to face, spray into hands and rub onto face avoiding eyes, mouth and nose.
- Citronella can also be used as a mosquito repellent and is effective for 1 hour when applied.

Treatment of Bites

- Do not scratch bites, this can lead to infection. Rubbing will also make the bite itchier!
- If possible, wash the area with soap and water.
- Apply an ice pack, a cold cloth, or even a cold pop can to decrease the swelling.
- Calamine lotion, aloe vera and topical hydrocortisone 0.5% cream can all be used to decrease the itch.
- If the bites are too numerous to cover with creams, oral Benadryl can be used to decrease the allergic reaction and itching.

- **Ask your pharmacist for advice on how to treat your mosquito bites!**



Pharmacist's Product

Recommendations

Deep Woods Off

Muskol

"Apply a mosquito repellent containing 30% DEET for optimal protection."



Having trouble swallowing your Calcium?

Do you need to supplement with calcium and Vitamin D but are struggling to swallow the oversized tablets? We have just the product for you!

SISU is a Canadian company and its products are manufactured in Burnaby, B.C. SISU makes a great chewable calcium/magnesium/vitamin D tablet that is available in three flavours: Chocolate, Vanilla and Berry.

Each tablet contains the following:

- Elemental Calcium....300 mg
- Elemental Magnesium....150 mg
- Vitamin D.....200 IU

Directions for use: Chew 1 tablet twice to 3 times daily as directed by a health care practitioner.

If you don't like the chewable form, SISU also makes a liquid calcium/magnesium/Vitamin D supplement.

The liquid formulation comes in vanilla, mint and strawberry flavors.

- **Ask your pharmacist for advice on how to treat your mosquito bites!**

Looking for the Products Recommended by the pharmacists at Stafford Pharmacy? Look for this symbol by products discussed in this month's newsletter!!! If you have any questions ask to speak with Jaclyn or Igor at the pharmacy counter today!



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