

Choosing the Best Sunscreen

Summer is here, it's time to understand the benefits of sunscreen. The reason for sunscreen is that the sun emits two harmful types of ultraviolet (UV) rays, UVA and UVB, which both lead to increased risk of skin cancer. Exposure to UVA rays has also been known to cause wrinkles. Research from the Environmental Protection Agency has established that up to 90 percent of skin changes from aging are actually caused by your skin's exposure to UVA rays throughout your lifetime. Thus, limiting exposure by using sunscreen will help reduce signs of aging.

Dermatologists recommend a sun protection factor (SPF) of 15 or higher. Anyone with fair skin or a history of skin cancer should opt for SPF 30 or higher. While choosing a product with a high SPF is a good start, it's important to understand that SPF only protects against UVB rays. In order to find coverage against UVB and UVA, look for products that are called "broad-spectrum sunscreens," as these products include additional protection from UVA. There is no rating system to assess how well a sunscreen will block UVA rays, so reading the list of ingredients is key. To protect against UVA rays, choose a product with any of the following ingredients: ecamsule, avobenzone, oxybenzone, titanium dioxide, sulisobenzonate or zinc oxide.

Another important consideration is the impact the sunscreen's ingredients have on the environment, especially if swimming in the ocean due to fragile coral reefs. Many beaches in Hawaii and Florida have begun banning sunscreens that contain certain chemicals such as octocrylene, oxybenzone, and octinoxate. When looking for eco-friendly options, considering buying a mineral-based sunscreen with "non-nanotized" zinc oxide or titanium dioxide. While mineral-based products are not as effective at blocking UV rays, they still can offer decent coverage. A good compromise for maximum protection and environmental awareness would be to select an oxybenzone-free chemical sunscreen. Oxybenzone is a chemical known for environmental damage.

Once you have selected a broad-spectrum sunscreen with an

control the messages that young women are exposed to on a daily basis, but you can help them process and deconstruct these messages in a healthy manner.

Tips for encouraging positive body image in teens and young adults:

- **Set a positive body image example:** Young women look up to the trusted adults in their lives to model appropriate behavior and expectations. Be mindful of the language that you use regarding your own body and avoid criticizing her body.
- **Communicate about puberty and body changes:** Puberty is a confusing time for any teen to navigate, especially when dealing with seemingly random and rapid changes in their mental, emotional, and physical states. As a parent, teacher, or other trusted adult, you can help your teen deal with this difficult experience with open and honest communication regarding what to expect and how to process it, especially reassuring them that they are not alone and that what they are going through is completely normal.
- **Encouraging positive friendships:** Help the young women in your life build an accepting and caring friend group. Teenagers are heavily influenced by their peers, so you cannot (and should not) choose their friends for them; you can encourage them to gravitate towards people who share their values and goals.
- **Foster healthy habits rather than a certain body type:** Instead of focused on a certain ideal weight or body size, encourage your teen to choose healthy foods that make them feel good and are also tasty.
- **Discuss media and cultural messages:** Encourage your teen to question messages from social media, the Internet, television, etc., especially regarding body pressures.
- **Praise achievements:** Compliment some teenagers on their achievements, efforts, and skills rather than appearance.
- **Promote enjoyable physical activities:** Help your teen to find enjoyable physical activities. Make exercise about fun and feeling good rather than achieving a certain body type.

Guide for Healthy Eating During Pregnancy

Pregnant women have unique health needs, as the foods they eat are the main source of nutrients for a growing baby. To form a proper diet, it is important for pregnant women to plan in terms of vitamins and minerals and including foods that meet their unique nutritional needs, while limiting or sidestepping certain processed foods, meats, and cheeses.

Foods to avoid:

For starters, pregnant women should avoid refrigerated meat spreads; unpasteurized juices or milk; store-made salads (chicken, egg, tuna), unpasteurized soft cheeses (brie, feta, blue); raw sprouts; raw fish or refrigerated uncooked seafood (sushi, nova-style, lox, kippered, smoked jerky); processed meats (hot dogs, deli meats); and ~~evident~~ cooked fish (shark, swordfish, king mackerel).

- Bullet list?

Fish and shellfish provide many important nutrients, such as iron and omega-3 fatty acids. ^{However,} pregnant women should be careful about both the type and frequency of seafood ingestion. The

SPF of 15+, be sure to apply it 15 to 30 minutes before sun exposure. Typically, one ounce (roughly $\frac{1}{2}$ tablespoons) will be enough to cover the body. It's important to apply an even and consistent layer. Regardless of how long the sunscreen is supposed to last, it's best to reapply every two hours (more if you are exercised or swimming). Be sure to wear sunscreen on cloudy days, as well as sunny ones, as clouds do not stop UV rays. Pay attention to expiration dates, as sunscreen loses effectiveness over time. While sunscreen is a good first defense, no sunscreen can fully protect 100% against UV rays. In addition to wearing sunscreen, opt for shade when possible, wear hats and sunglasses, and aiming to void the sun's most intense hours from 10 a.m. to 4 p.m.

Body Images in Teens and Young Adults

Body image issues are pervasive in today's society. Approximately 91% of women are unhappy with their bodies, while only 5% of women naturally have the supposedly "ideal" body type as portrayed in the media. A negative body image can lead to many adverse effects, such as anxiety, depression, and eating disorders.

It is ^{imperative} ~~special~~ important to reach out to young adults regarding a healthy body image, as 95% of people with eating disorders are between the ages of 12 and twenty. Additionally, it is crucial to keep in mind that body image issues do not only affect women and girls, despite common stereotypes. Research suggests that ~~ten percent~~ ^{10%} of people treated for eating disorders are male. In teenagers and young adults there are many causes of body image issues. The list below, while certainly not exhaustive, contains some of the most common factors in the development of a negative body image:

- Natural weight gain and body changes due to ^puberty
- Peer pressure/negative friend group
- Looking for cultural differences and expectations
- Unreasonable body image expectations from media images, celebrities, etc.
- Family members or trusted adults who are overly concerned with their own weight/appearance or their teens' weight/appearance
- Exposures ^{of} material that sexualizes young people

In ^{ing} encouraged positive body image, the most important component is encouraging and open communication regarding changing bodies and outside influences. You can't completely

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Women's Health endorses the following guidelines:

- Avoid fish high in mercury, such as swordfish, tilefish, king mackerel, and shark
- Eat up to six ounces per week of canned albacore or chunk white tuna
- Eating up to 12 ounces per week of cooked fish and shellfish, including shrimp, crab, clams, oysters, scallops, canned light tuna, salmon, pollock, catfish, cod, tilapia

Healthy foods to eat:

During pregnancy, men need increased levels of folic acid, iron, calcium, vitamin A, vitamin D, and vitamin B12. Specifically, pregnant women need 400 to 800 micrograms (mcg) of folic acid, 27 mg of iron, 1,000-mg of calcium, 770 mcg of vitamin A, 600-international unit (IU) and 2.6 mcg of vitamin B12. While taking supplements may help to reach these nutrient levels, it is preferable to consume vitamins and minerals through foods as certain appendages can contain higher than recommended levels of nutrients, which can be harmful to pregnant women.

The list below provides suggested foods per nutrient type especially important for pregnant women, but not an exhaustive list but rather a starting point to help woman plan a Healthy diet for themselves and their babies.

Folic Acid/Folate

- Whole grained
- Avocados
- Eggs
- Beans
- Asparagus
- Leafy greens
- Legumes (lentils, peas, beans, chickpeas, soybeans, peanuts)
- Citrus fruits
- Brussels sprouts
- Broccoli
- Nuts and seeds
- Bananas

Iron

- Seafoods (see specific seafood guidelines for pregnancy above)
- Legumes
- Broccolini
- Dark, leafy greens
- Lean meat
- Quinoa
- Nuts and seeds

- Tofu
- Dark chocolate^d

Calcium

- Dairy products
- Broccoli
- Dark, leafy greens
- Collard greens
- Soy beans
- Bok choy
- Orange^s
- Seafoods
- Legumes

Vitamin A

- Sweet potatoes
- Broccoli
- Dark, leafy greens
- Carrots
- Black-eyed peas
- Red bell pepper^s
- Mangos
- Melon^s
- Apricots
- Tomatoes
- Pumpkin seeds
- Berries^{ic}

Vitamin D

- Dairy ~~dairy~~
- Fish liver oil
- Salmon
- Tuna

^{Although} *Note: Vitamin d is the hardest nutrient to get solely from foods.
^{highly} A vitamin D supplement is recommended.

Vitamin B12

- Beef
- Chicken
- Seafood
- Dairy products
- Fortified breakfast cereal
- Eggs^s