

naturopathic essentials

HEALTH CENTRE

General Family Practice - Dermatology - Pain Management Care



NATUROPATHIC NEWSLETTER

SUMMER PROTECTION: SUNSCREENS & KEEPING COOL

Sunscreen Facts



How does sunscreen work?

Your sunscreen may have ingredients that **physically** block the light by reflecting it or it may have **chemical** ingredients that absorb the light. Zinc oxide, titanium dioxide & parsol 1789 (a.k.a. avobenzene) are examples of physical sunblocks & are best used by people with sensitive skin.

UVA, UVB & SPF?

Both UVA & UVB come from the sun, but UVA is more associated with tanning while UVB is associated with the redness and pain of sunburn. However, both can cause skin damage, premature aging and skin cancer.

SPF or “sun protection factor” is confusing for many people. An SPF tells you how many times longer you can stay out in the sun without burning. It may take you 4 minutes to burn without sunscreen. If you apply SPF 15 sunscreen, then, it would theoretically take you 60 minutes to burn (4 minutes times 15).

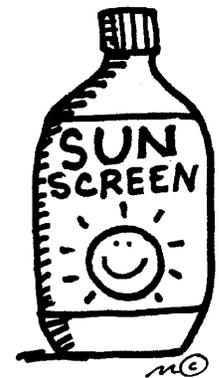
However, this is not always the case as the law of diminishing returns applies to sunscreens. SPF-15 sunscreens block 93.3% of the sun's UV rays compared with SPF-30 products, which block 96.7%. SPF-45 blocks 97.8% and SPF-60 blocks 98.3%.

The key to sun protection is to **RE-APPLY** the sunscreen *frequently*, especially if you're sweating, wet or just finished towelling off from a swim.

Remember to check the expiry date of your sunscreen & replace it if it seems too clumpy, thick or thin!

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Vitamin D or Skin Protection? It's all so confusing.....

On the one hand, we have dermatologists telling us to lather on the SPF protection and on the other we have scientists telling us that we are vitamin D deficient. Like many things in medicine and science, it's not always so clear cut.

Here are points to consider before making your decision:

- Do you have a family history of skin cancer?
- Are you of fair skin and do you burn easily?

- If you have a darker complexion and are of African ancestry, then you already have a good built in SPF protection in your skin.
- How often do you spend time in the sun and during which periods of the day? Early morning and evenings when the sun's rays are weak or during noon when they are strong?
- Are you vitamin D deficient? I usually get patients tested at the peak of summer and winter to get a big picture perspective of one's Vit D status.

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"The **care** you want
the **health** you need"
- Dr. Ian Koo, ND

Telephone: (905) 290-0850

No Air-Conditioning? No Problem.....

15 Ways to Keep Cool During the Summer Months

IN THE NEWS

Dr. Koo, ND was a guest symposium speaker at the Yee Hong Centre for Geriatric Care where he spoke about naturopathic care and healthy aging.

Advanced laboratory testing for food allergies and/or sensitivities will help you feel better! Optimize your health potential.

Keeping cool when temperatures reach record highs is not just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke. The following tips can help you keep cool all summer long.

1. Wear loose-fitting clothing, preferably of a light color. Dark clothes absorb more heat.
2. Cotton clothing will keep you cooler than many synthetics.
3. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors.
4. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
5. Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.
6. Keep bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
7. Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.
8. Take frequent baths or showers with cool or tepid water.
9. Avoid caffeine and alcohol as these will

promote dehydration.

10. Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
11. Some people swear by small, portable, battery-powered fans. I have seen a version that attaches to a water bottle that sprays a cooling mist.
12. If you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.
13. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.
14. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theatre, or other public space that is cool. Many cities have cooling centers that are open to the public on sweltering days.
15. Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces. Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses. Don't forget that pets also need protection from dehydration and heat-related illnesses too.

Send your questions in to Dr. Koo, ND at questions@naturopathicessentials.com

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Visit Dr. Koo's Blog for more health & wellness tips.

www.naturopathicessentials.blogspot.com

Dr. Ian Koo, ND is a licensed Naturopathic Doctor trained in general family medicine. He has a special interest in helping to improve the quality of life for those living with chronic conditions such as cardiovascular diseases, gastrointestinal disorders & dermatological conditions. Ian has also had advanced training in the areas of Chinese herbology, pain management, medical acupuncture and is certified to perform facial rejuvenation (cosmetic) acupuncture. Ian has obtained the First Line Therapy Certification & is one of the few naturopaths on the Canada Post's list of approved ND's providing care for chronic low back pain, rotator cuff tendonitis and anxiety.

* Naturopathic medicine & Acupuncture are **covered** by virtually all **employer insurance plans**. Patients not covered can claim a health care credit from their income taxes.