

## As Summer Approaches, Be Sure Not To Fry!

To help reduce rising rates of skin cancer from overexposure to the ultraviolet rays of the sun, the National Council on Skin Cancer Prevention has designated the **Friday before Memorial Day, May 26, 2017, as ‘Don’t Fry Day’** to encourage sun safety awareness and to remind everyone to protect their skin while enjoying the outdoors. This year the National Council is emphasizing practicing all of the action steps —because no single step can fully protect from overexposure to UV radiation, so use as many of the following actions as possible.

- Avoid sun burning, intentional tanning, and using tanning beds.
- Apply sunscreen generously.
- Wear sun-protective clothing, wide-brimmed hat, and sunglasses.
- Seek shade.
- Use extra caution near water, snow, and sand.
- Get vitamin D through diet and vitamin D supplements.

As warm weather approaches and millions of Americans prepare to enjoy the great outdoors, the risk for ultraviolet (UV) damage of the skin increases. Fortunately, skin cancer is highly curable if detected in its early stages. An easy way to remember sun safety awareness is to **Slip! Slop! Slap!...and Wrap** — slip on a shirt, slop on sunscreen of SPF 15 or higher, slap on a hat, and wrap on sunglasses.

The best way to detect skin cancer early is to examine your skin regularly and recognize changes in moles and skin growths. Most skin cancers are caused by overexposure to UV radiation. Using a sunless self-tanning product and continuing to apply sunscreen can help greatly reduce skin cancer risk. Individuals with lighter-toned skin are more susceptible to UV damage, although people of all races and ethnicities can be at risk for skin cancer. Those who have a family history of skin cancer, plenty of moles or freckles, or a history of severe sunburns early in life are at a higher risk of skin cancer as well. To minimize the harmful effects of excessive and unprotected sun exposure, protection from intense UV radiation should be a life-long practice for everyone.

## What is Celiac Disease?

When people with celiac disease eat gluten (a protein found in wheat, rye and barley), their body mounts an immune response that attacks the small intestine. These attacks lead to damage on the villi, small fingerlike projections that line the small intestine, that promote nutrient absorption. When the villi get damaged, nutrients cannot be absorbed properly into the body. The only treatment currently for celiac disease is a strict, gluten-free diet. Most patients report symptom improvement within a few weeks, although intestinal healing may take several years.

Celiac disease is a serious genetic autoimmune disorder where the ingestion of gluten leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide. 2.5 million Americans are undiagnosed and are at risk for long-term health complications

Celiac disease is hereditary, meaning that it runs in families. **People with a first-degree relative with celiac disease (parent, child, sibling) have a 1 in 10 risk of developing celiac disease.**

Celiac disease is also known as coeliac disease, celiac sprue, non-tropical sprue, and gluten sensitive enteropathy.



## Springtime Allergies

**Common causes** - Pollens are small particles that travel through the air to fertilize other plants. Symptoms occur when you are exposed to the proteins in the pollen as they travel through the air. You have an allergic reaction because your body views these proteins as an “invader” and reacts accordingly. Most pollens come from trees, weeds and grasses. While the spring season is often referred to as “allergy season”, it is not the only season people with pollen allergies can be affected. This is because many plants do pollinate in the spring while many plants pollinate at other time during the year.



**Symptoms** - Symptoms can include itchy watery eyes, runny nose, itchy throat, hives, fatigue, and irritability. Symptoms can last for weeks or even months depending on how long the offending pollen is in the air.

**Diagnosis** - Allergy test or RAST test- Blood is taken and then tested and measured for the IgE (antibody) associated with the particular allergen (pollen).

**Treatments** - Avoid the outdoors, and keep windows closed. In severe cases, some doctors recommend wearing a face mask outside. Drug treatments include antihistamines, decongestants and, by prescription, steroid drugs.

**When to see your doctor** - If symptoms persist, and over-the-counter remedies are not enough consult you doctor. Also if your nasal mucus turns yellow or green, this could be sign of infection.

## ZIKA Virus becoming more widespread

Zika virus infection (Zika) during pregnancy can cause damage to the brain, microcephaly, and congenital Zika syndrome, a pattern of conditions in the baby that includes brain abnormalities, eye defects, hearing loss, and limb defects. Pregnant women can protect their babies from these Zika-related health conditions by not traveling to areas with Zika. Men and women who live in or travel to an area with Zika can prevent infection by avoiding mosquito bites and using condoms during sex.

### ZIKA VIRUS

For anyone who plans to travel to **Zika-affected areas**, avoiding mosquito bites is the best way to avoid exposure to the virus.

Zika virus is primarily spread through the **BITE OF INFECTED MOSQUITOS.**

**MOTHER-TO-BABY & SEXUAL ACTIVITY**  
If a pregnant woman is bitten by an infected mosquito, the infection can cross the placenta, infecting the fetus.

The virus can also be transmitted sexually.

**TRANSFUSION**  
The virus can also be transmitted through blood transfusion or laboratory exposure.



- Zika is spread mostly by the bite of an infected *Aedes* species mosquito (*Ae. aegypti* and *Ae. albopictus*). These mosquitoes bite during the day and night.
- Zika can be passed from a [pregnant woman](#) to her fetus. Infection during pregnancy can cause certain birth defects.
- There is no vaccine or medicine for Zika.
- Local mosquito-borne Zika virus transmission has been reported in the continental United States.
- **44** states reported cases of pregnant women with evidence of Zika in 2016. Most were travel-associated.
- About **1 in 10** pregnant women with confirmed Zika had a fetus or baby with birth defects.
- Only **1 in 4** babies with possible congenital Zika were reported to have received brain imaging after birth.