



Pacific Medical Centers Newsletter

Fun in the sun!

summer
2004

The Informed Patient

Ultraviolet Rays and Cancer

In the summer, ultraviolet rays are stronger and can cause sunburns and, in some cases, can lead to skin cancer. Here's why you should make sunscreen a summer routine:

- Protecting your skin during the first 18 years of life can reduce the risk of some types of skin cancer by up to 78%.
- You can get a sunburn even on a cloudy day! Up to 80% of the sun's rays can penetrate light clouds, mist, and fog.
- Experts warn that one severe sunburn during the first 15 years of life can double the risk of skin cancer.
- Cataracts, once thought to be an inevitable part of aging, are also associated with UV exposure.
- You can get sunburned when you are in the water. Water reflects an additional 5% of the sun's rays back on you.

Sunscreen Tips

You can protect yourself from the summer's ultraviolet rays with a good sunscreen regime. A few things to know:

1. Who needs to use sunscreen?

In a word: everyone! If you are prone to burning or have sensitive skin, be sure to use a sunblock rather than a sunscreen, which does not block out all ultraviolet rays.

2. When should sunscreen be used?

Sunscreens should be used every day if you are going to be in the sun for more than 20 minutes. Since sun exposure is responsible for vitamin D production in the skin, individuals who wear sunscreen should take a multivitamin or drink vitamin D fortified milk.

3. How much sunscreen should be used, and how often should it be applied?

Sunscreens should be applied to dry skin 15-30 minutes BEFORE going outdoors. Sunscreens should be reapplied every 2 hours or after swimming or perspiring heavily. One ounce is considered the amount needed for total body application.

4. What type of sunscreen should I use, and what ingredients should I look for?

Ideally, sunscreens should be water resistant, so they cannot be easily removed by sweating or swimming, and should have an SPF 15 or higher to provide broad-spectrum coverage against all ultraviolet light wavelengths.

5. Can I use the sunscreen I bought last summer, or do I need to purchase a new bottle each year? Does it lose strength?

Unless indicated by an expiration date, the FDA requires that all sunscreens be stable and at their original strength for at least three years.

(Source: American Cancer Society)

Pacific Medical Centers has a patient-focused philosophy that puts your needs first, like offering same-day appointments when tomorrow won't do. Call **1-888-4-PACMED** (1-888-472-2633) for an appointment.



Eating Well

Summer and Dehydration

Dehydration is a sure-fire way to ruin your summer fun. A few tips to stay hydrated this summer:

- Avoid alcohol and caffeine – Supplement your intake with water, juice, or sports drinks throughout the day.
- Pace yourself – If you feel overheated, seek relief in an air-conditioned building or someplace well shaded.
- Plan for sun exposure – Avoid strenuous outdoor activities between 10 am and 4 pm, and wear light, loose clothing.
- Understand age factors – If you are over 65, drink additional fluids since your body does not adapt as easily to temperature change.

Exercise

The Good News About Gardening

You know that a calcium-rich diet is important for building strong bones, but have you heard that gardening and yard work are also good for bone strength?

Researchers from the University of Arkansas-Fayetteville found women 50 years and older who actively worked in their yards showed higher bone density readings than those who performed other types of exercise.

Weight bearing physical activities cause muscles and bones to work against gravity, strengthening them. In addition to gardening, there are other weight bearing physical activities you can try this summer to make your bones stronger:

- Walking
- Running
- Dancing
- Climbing stairs
- Jogging
- Hiking

Pacific Medical Centers has state-of-the-art bone density DEXA screening at our Totem Lake and Madison clinics.

Stress Less

The Reality of Summer Stress

Your kids are home, the weather is hot and it seems like all your friends and neighbors are going on vacation. Stress affects everybody everyday, but summer can be a particularly vulnerable time. Fortunately there are a variety of natural, drug-free approaches to summer stress relief.

1. Aromatherapy has been shown to be an effective remedy for daily stress. Try essential oils either in unscented lotion or diffused into the air.
2. Deep breathing has been found to lower blood pressure. If you feel yourself becoming overwhelmed, stop and breathe deeply to the count of eight.
3. Aerobic activity can reduce anxiety, depression, and tension. Brisk walking or bicycling can help you effectively manage stress.

Don't let stress get the better of you this summer. Keep your cool and enjoy your long days by keeping your stress level in check.



Pacific Medical Centers has behavioral professionals who work in partnership with adults, kids, and families for quality emotional and mental healthcare. For an appointment with a specialist call **1-888-4-PACMED** (1-888-472-2633).

Healthy Kids

Back to School Physicals

Summer is in full swing, but back-to-school time is just around the corner. To ensure your child has a healthy start at school, make an appointment soon for a back-to-school physical.

Routine physicals allow pediatricians to assess your child's growth and development, as well as check for weight, blood pressure, cholesterol, vision, hearing, and other physical, emotional or social health concerns.



Pacific Medical Centers has pediatric specialists in four clinic locations: Beacon Hill, Northgate, Renton, and Totem Lake.

The annual visit is also a good time to update immunizations. Most children receive their basic immunizations before age two, but tetanus, MMR, and hepatitis B require booster shots in later years, and newer vaccines may not have been available when your children were younger.

The best tip? Beat the back-to-school rush by making an appointment with a pediatric specialist early.

Caring Even More

Partnering with Virginia Mason

Building on our commitment to provide the highest quality patient care, Pacific Medical Centers has named Virginia Mason Medical Center as its preferred provider of hospital care.

Pacific Medical Centers' hospitalists, who manage patient care in the hospital, are now based exclusively at Virginia Mason. The integrated care patients receive underscores our commitment to treating you better.



Preventative Healthcare for Adults

One of the most important things you can do for your health and your family's health is to schedule regular checkups with your primary care physician. Many health problems like diabetes, heart disease, and high blood pressure can go undetected for years, so it's important to get regular checkups even if you feel 100% healthy.

Everyone should get regular physical exams, during which you can expect a few basics, no matter what your age. Among them: a check of your height, weight, and blood pressure. If you have a family history of certain diseases, you might also get a blood test, EKG, or chest X-ray.

Talk to your physician about other immunizations, checkups, and tests recommended for your age group, health status, and family health history.

Pacific Medical Centers has six convenient locations throughout the Seattle area and welcomes patients with most major insurance plans. For an appointment call **1-888-4-PACMED** (1-888-472-2633).



Pacific Medical Centers offers an integrated, comprehensive network of primary and specialty care healthcare providers. We focus on prevention, early detection, and high-quality care that is respectful and responsive to your needs. We offer same-day primary care appointments in all six of our locations.

Locations

Beacon Hill

1200 12th Avenue S
Seattle, WA 98144
(206) 326-2400

Lynnwood

19401 40th Avenue W
Lynnwood, WA 98036
(425) 744-7153

Madison

1101 Madison St, Suite 301
Seattle, WA 98104
(206) 505-1101

Northgate

10416 5th Avenue NE
Seattle, WA 98125
(206) 517-6700

Renton

601 South Carr Rd,
Suite 100
Renton, WA 98055
(425) 227-3700

Totem Lake

12910 Totem Lake Blvd NE,
Suite 101
Kirkland, WA 98034
(425) 814-5000

