



The Free Clinic of the New River Valley

# Patient Education

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## Safeguard Your Skin for Summer



If you're going to be out in the sun this summer, using sunscreen daily is a must.

Here's what you should know:

Sunscreen or sun block can help you with exposure to **ultraviolet (UVA) rays** when you are outside.

Most doctors recommend using a sunscreen with a **sun protection factor (SPF) of 15** for "incidental exposure" like when your walking to the car or when running errands outdoors. **SPF 30** or greater is recommended for prolonged

periods of time, and people with fair skin should use **SPF 50** or higher.

According to The American Cancer Society, we experience 80% of our lifetime sun exposure before age 18, and it is estimated that 1 in 5 Americans will get some form of skin cancer in their lifetime.

If you are Caucasian, your odds increase to 1 in 3. Remember that, even though people with dark skin may not burn as easily, that doesn't mean they are immune to skin cancer.

### 4 facts everyone should know about using sunscreen

- **1 oz. (2 tablespoons) per application**
- **Apply 15-30 minutes before exposure**
- **Reapply at least every 2 hours**
- **Remember expiration dates**

Information Adapted from [www.sunsafetyalliance.org](http://www.sunsafetyalliance.org)

## Summer Exercises: Staying cool in hot weather



Planning to exercise in hot weather? Stay safe by drinking enough fluids, wearing proper clothing and timing your workout to avoid extreme heat.

In the excitement of a pickup basketball game or the relaxation of a friendly round of golf, you might not notice the temperature rising but your body will. If you exercise outdoors in the heat, use caution and common sense to prevent heat-related illnesses.

### Tips to keeping it cool:

- **Maintain a moderate pace during activities**
- **Drink plenty of fluids**
- **Dress appropriately**
- **Avoid midday sun**
- **Wear sunscreen**
- **Plan an alternate activity to cool off**

### Some fun summer exercises:

- Swimming**
- Hiking**
- Ultimate Frisbee**
- Cycling**
- Water Skiing**

Information adapted from [www.workoutsforyou.com](http://www.workoutsforyou.com)

Newsletter created by:  
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*“Migraines can be very debilitating and can actually decrease productivity and the patient’s overall quality of life. But, with the right treatment we often get positive outcomes.”*

*-Tony Ramsey*

## Migraine Clinic



With so many people suffering from migraines there is a growing need for specialty care.

In September 2007, the Free Clinic of the New River Valley began holding their newest specialty Clinic to help patients who suffer from migraine headaches. Under the guidance of volunteer Nurse Practitioner Tony Ramsey, the Clinic is held at 5:00 p.m. on the second Monday of each month.

Through stress reduction, change in diet, and/or medications, Ramsey’s goal is to decrease the number of migraines a patient experiences.

Keeping an accurate diary of diet, environmental exposure, activities, and any other factor that can contribute to migraines is one recommended way to determine the causes and triggers of the headaches.

Ramsey sees 4-5 patients per clinic to spend time observing and analyzing their symptoms and triggers. This important in developing a helpful treatment plan.

Medically, migraine disease is still somewhat of a mystery and as a result, the form of treatment can vary with each patient. In some cases an MRI or a neurological consult will be ordered. Most often, eye exams are

ordered for patients to ensure that visual strain is not contributing to the headaches.

Ramsey explained that “Migraines can be very debilitating and can actually decrease productivity and the patient’s overall quality of life. But with the right treatment we often get positive outcomes. We were able to decrease one patient’s migraines from eight in a month to only one in a month which changed their life!”

Ramsey went on to say that in the near future he hopes to start a migraine support group to further assist these patients in need.

Attached is a link to the National Headache Foundation.

<http://www.headaches.org/>

## Gardening Safety for your Health



### Safety

#### Tips for Gardening:

- **Dress to protect**
- **Put safety first**
- **Watch out for heat-related illness**
- **Enjoy the physical benefits**
- **Get vaccinated**

Gardening can be a great way to enjoy the outdoors, get physical activity, beautify the community, and grow nutritious fruits and vegetables. Whether you are a beginner or expert gardener, health and safety are important.

According to the Consumer Product Safety Commission, in 2004, about

67,000 consumers nationwide went to emergency rooms because of injuries related to push mowers. About 14,600 suffered injuries related to riding mowers and garden tractors.

Gear up to protect yourself from lawn and garden chemicals, equipment, insects and the sun.

Information adapted from  
Check your health



Children love helping with gardening



## Stress Control



Stress is not all bad. It's what keeps life interesting. But too much stress for too long creates what is known as "chronic stress" which has been linked to heart disease, stroke, and may also influence cancer and chronic respiratory diseases.

And illness is just the tip of the iceberg. Stress affects you emotionally, and can inhibit the joy you get from life and loved ones.

Using stress management can help you identify triggers for stress in your own life

and understand the obvious and hidden ways in which stress affects your body. Applying practical stress control techniques can help you neutralize its damaging effects.

It is important to use tools to help you get started, including a checklist of the warning signs of stress, a portable guide to reduce stress, a meditation wallet card, and a stress-relief planning chart.

### How to prevent and manage stress :

- **Decide what relaxes you**
- **Focus on breathing**
- **Focus on relaxing muscles**
- **Think happy relaxing thoughts**
- **Good nutrition**
- **Exercise**
- **Social support**
- **Nurture yourself**
- **Journals: Easing stress the write way**
- **Think positively**

Information adapted from the American Institute of Stress at [www.stress.org](http://www.stress.org)

## Importance of Family Time

Family meetings can be used for a variety of purposes from talking about major issues to having a time for the members of your family to reconnect. with your family, you will all feel better connected and you will soon find that cooperation within the family will soar.

Families that have never taken the time to have regular meeting may not like the idea. They feel that there is no time for the meeting or that parents should have the final say in decision-making.

Family time can be so much more. When you take the time to talk things over



This Family spends time just hanging out

### Here are some ways to get started with family meetings:

- **Set a regular family meeting day time day**
- **Set your agenda** (what you want to talk about or accomplish)
- **Listen to all family members** (give ALL a chance to talk)
- **Make an effort to make a difference!!**

Information adapted from [www.a-family-solutions-network.org](http://www.a-family-solutions-network.org)