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healthwise

a PERS Health Insurance Program newsletter | Summer 2023



Summer Safety

Stay hydrated with healthier beverages this summer.

Water is very important to our bodies, but just how important is it? Water makes up over 50% of an adult's body, and it plays an important role in your body's function. Most of us know that we need to stay hydrated, but not all beverages are created equal.

Water

- Helps the body keep your temperature normal.
- Lubricates and cushions joints.
- Rids the body of waste.
- Protects the spinal cord.

Signs of dehydration include thirst, dry, cool skin, dry or sticky mouth, dizziness, feeling tired, dark yellow urine or not urinating much.

You can prevent dehydration by

- **Filling that water bottle** – don't rely on beverages with caffeine or alcohol for hydration.
- **Take extra care in the heat** – increase fluid intake in hot weather.
- **Change it up** – add some fruit to your water for variety.

Check the label for hidden sweeteners. Many beverages include sweeteners that go by several different names. In order to know if you are drinking a sugar-sweetened beverage, be on the lookout for these ingredients: high fructose corn syrup, fructose, fruit juice concentrates, honey, sugar, syrup, corn syrup, sucrose or dextrose.

Source: August, 2021 UnitedHealthcare Health Tip flier Hydration and healthier beverages

[Health tip: Hydration & healthier beverages \(uhc.com\)](https://www.uhc.com/health-tip/hydration-healthier-beverages)

Courtesy of UnitedHealthcare®



Dry mouth: Where does it come from, is it harmful, and what can I do about it?

Dry mouth can be caused by many different things. It might be as simple as not drinking enough water throughout the day, or it can be caused from drinking too many liquids that naturally dehydrate your body, such as coffee, tea, or alcoholic beverages. It may be a side effect of the medications you take, certain medical treatments you undergo, nerve damage to the area, or certain undiagnosed or diagnosed diseases. If you struggle with dry mouth, or you notice more dry mouth episodes than before, it's time to talk to your physician or dentist to see what you can do to get relief for these issues.

Everyone's mouth can get a little dry from time to time, and that's normal. Dry mouth happens for many reasons, but what happens when your dry mouth doesn't go away, or your mouth doesn't make enough saliva?

Saliva plays a very important role in your body. It is a lubricant, helping us speak, swallow, and digest our food. It rinses away harmful bacteria and buffers acids that can cause cavities. Saliva disperses proteins and minerals to your teeth to help repair your enamel. The proper amount of saliva also helps to buffer delicate oral tissue from fungal infections, contact burns and ulcerations. If you don't have enough saliva, eating, speaking and oral health care such as brushing and flossing could be difficult.

What can I do about dry mouth?

- Drink plenty of water throughout the day, avoid juices with natural sugar, soda, and dehydrating coffee and teas.
- Keep water close by at night.
- Rinse your mouth often, especially after eating.
- Use sugar-free mints and gum with Xylitol to help stimulate and distribute your saliva.
- Use artificial saliva substitutes and dry mouth rinses without alcohol.
- Brush and floss at least 2 times a day or after eating any sticky or sugary foods.
- Use an over-the-counter fluoridated rinse or a fluoridated rinse or gel that your dentist prescribes.
- Choose sugarless cough drops, antacids, and vitamins whenever possible.
- Avoid both alcoholic beverages and smoking due to their drying effect.
- Rinse after the use of any inhalers.
- Provide your dentist with a list of all the medications that you are taking each time you visit.

Dry mouth issues can be managed.

Visit your dentist regularly and keep them informed of any medications or medical changes in your health. The more that your physician and dentist know about you and your symptoms, the more they can help.

Source: [Dry Mouth | National Institute of Dental and Craniofacial Research \(nih.gov\)](#)

Courtesy of Delta Dental of Oregon

Sun Exposure and Cancer

Use the following tips to protect your skin from the sun. You may decrease your chances of getting skin cancer and help prevent wrinkles. People with darker skin don't sunburn as easily, but they can still get skin cancer. It's important to use sun protection, no matter what color your skin is.

- **Stay out of the sun during the peak hours of [UV radiation](#).** Peak hours are from 10 a.m. to 4 p.m. Find shade if you need to be outdoors. You can also find how much UV exposure you are getting by using the shadow rule. If your shadow is longer than you, then UV exposure is low. If your shadow is shorter than you, then UV exposure is high.
- **Wear protective clothing.** This can include:
 - Wide-brimmed hats that protect the face and neck.
 - Tightly woven clothes made of thick material, such as unbleached cotton, polyester, wool, or silk.
 - Dark clothes with dyes added that help absorb UV radiation.
 - Loose-fitting long-sleeved clothes that cover as much of the skin as possible.
 - Clothes with [sun protection factor \(SPF\)](#) in the fabric that doesn't wash out.
- **Wear sunscreen with an SPF of 30 or higher every day.** This includes summer and winter, on both cloudy and clear days.
- **Use sunscreen that blocks both UVA and UVB radiation.** Apply to all exposed skin, including the nose, lips, ears, scalp, back of the hands, and neck. Apply sunscreen 30 minutes before going in the sun, and reapply it every 2 hours and after swimming, exercising, or sweating.

- **Use protective lip balm.** Use lip balm or cream that has an SPF of 30 or higher to protect your lips from getting sunburned.
- **Wear wraparound sunglasses.** Choose ones that block at least 99% of UVA and UVB radiation.
- **Be careful when you are on sand, snow, or water.** These surfaces can reflect 85% of the sun's rays.
- **Avoid artificial sources of UVA radiation** This includes sunlamps and tanning booths. Like the sun, they can cause skin damage and increase the risk of skin cancer.

Choosing a sunscreen

If you can't avoid being in the sun, use a sunscreen to help protect your skin while you are in the sun. Sunscreens come in lotions, gels, creams, ointments, and sprays.

Here's how to choose the right sunscreen.

- Read the sunscreen label.
- Be sure that the sunscreen has a [sun protection factor \(SPF\)](#) of at least 30 or higher.
 - **Be sure that the sunscreen is "broad-spectrum."** This type of sunscreen protects the skin from [ultraviolet A and B \(UVA and UVB\)](#) rays.
 - **Check the expiration date on the sunscreen.** Do not use the sunscreen after its expiration date. The ingredients in the sunscreen may not work as they should after that date.
 - **Follow the directions on the label for applying the sunscreen.** Doing so will make sure that the sunscreen works well to protect your skin from the sun's ultraviolet rays.

Consider your situation.

- If your skin is sensitive to skin products or you've had a skin reaction (allergic reaction) to a sunscreen, use a sunscreen that is free of chemicals, para-aminobenzoic acid (PABA), preservatives, perfumes, and alcohol.
- If you're going to have high exposure to the sun, consider using a physical sunscreen. These sunscreens, such as zinc oxide, will stop most of the sunlight from reaching the skin. They are usually thick white or colored cream. They prevent the skin from being exposed to the sun's ultraviolet rays. They are useful for high-risk areas such as the nose, lips, and shoulders.

- If you need to use sunscreen and insect repellent with DEET, don't use a product that combines the two. You can apply sunscreen first and then apply the insect repellent with DEET. But the sunscreen must be reapplied every 2 hours.
- If you are going swimming or you sweat a lot, use a sunscreen labeled "water-resistant." The label will say if the sunscreen will protect you for 40 minutes or 80 minutes.
- Use lip balm or cream that has an SPF of 30 or higher to protect your lips from getting sunburned.

Source: [Protecting Your Skin From the Sun | Kaiser Permanente](#)

Courtesy of Kaiser Permanente



Cherry Ice Pops

If you like to stock up on fresh fruit when it's in season, try these ice pops to make your fruit last.

Ingredients

2 heaping cups of pitted cherries

3 tablespoons lime juice (1 lime)

1 tablespoon honey

Directions

1. Blend ingredients in a food processor.
2. Pour into ice pop molds.
3. Freeze overnight.

Nutritional information (per serving)

Serving size: 3-ounce popsicle

Number of servings: 5

Calories	50
Total fat	0g
Saturated fat	0g
Cholesterol	0mg
Sodium	0mg
Total carbohydrate	13g
Dietary fiber	1g
Sugars	11g
Protein	1g

Source: [Cherry Ice Pops | Kaiser Permanente](#)

Courtesy of Kaiser Permanente

Chickpea & Quinoa Bowl with Roasted Red Pepper Sauce

Quinoa and chickpeas pack this vegetarian grain bowl with plenty of plant-based protein. Whip up a batch of these flavorful grain bowls and pack them in lidded containers to stash in the fridge for easy, healthy grab-and-go lunches all week long.

Ingredients

- 1 (7 ounce) jar roasted red peppers, rinsed
- ¼ cup slivered almonds
- 4 tablespoons extra-virgin olive oil, divided
- 1 small clove garlic, minced
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ¼ teaspoon crushed red pepper (optional)
- 2 cups cooked quinoa
- ¼ cup Kalamata olives, chopped
- ¼ cup finely chopped red onion
- 1 (15 ounce) can chickpeas, rinsed
- 1 cup diced cucumber
- ¼ cup crumbled feta cheese
- 2 tablespoons finely chopped fresh parsley

Directions

1. Place peppers, almonds, 2 tablespoons oil, garlic, paprika, cumin and crushed red pepper (if using) in a mini food processor. Puree until fairly smooth.
2. Combine quinoa, olives, red onion and the remaining 2 tablespoons oil in a medium bowl.
3. To serve, divide the quinoa mixture among 4 bowls and top with equal amounts of the chickpeas, cucumber, and the red pepper sauce. Sprinkle with feta and parsley.

Nutritional information (per serving)

Serving size: 1 ½ cups

Number of servings: 4

Calories	479
Total fat	24.8g
Saturated fat	4.3g
Cholesterol	8.3mg
Sodium	646mg
Total carbohydrate	49.5g
Dietary fiber	7.7g
Sugars	2.5g
Protein	12.7g

Source: EatingWell

Courtesy of Moda Health



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