

Sun safety advice – it's only a pharmacist away

(NC)—Summer is finally here, and it's time to venture outside - whether you're heading to the beach, the golf course or the pool. But a day in the sun can also pose risks if you don't protect your skin from the sun's ultraviolet radiation (UV rays). A recent Air Miles Reward Program and Rexall survey indicated that almost half of Canadians (47 per cent) don't apply sunscreen during May and June—the months when the UV rays are highest, and one in 10 never wear sunscreen (at any time). This practice is leaving Canadians prone to sunburns, premature aging of the skin, as well as increasing their risk of skin cancer. As such, sun prevention and protection should be a priority for Canadians year-round.

“Young Canadians in particular are at a higher risk for skin damage due to overexposure to the sun,” said Tracey Phillips, Rexall Pharmacist. “A single severe sunburn before the age of 20

increases the risk of developing skin cancer later in life, so it's very important to educate children and young adults about the risks of sun exposure at an early age.”

To avoid sunburn and skin damage for all members of your family, choose either a physical or a chemical sunscreen. Chemical sunscreens (contain ingredients that bind with your skin and prevent penetration of UV rays—oxybenzone, Parsol, PABA) should not be used on children under 6 months of age and must be applied well before going out in the sun to properly protect your skin. Physical sunscreens (such as Titanium Dioxide or Zinc Oxide provide an impenetrable shield against sunrays) can be applied immediately before sun exposure and are suitable for young children.

At the very minimum, your sunscreen must provide a UVB SPF of at least 15 and contain a broad-spectrum UVA block.

Should kids be trying to lose weight?

Childhood obesity is an epidemic! Kids are eating more and becoming less active.

What is a parent to do? Is weight loss a sensible solution, how do you manage weight loss with a growing child? Would implementing a weight loss program cause poor body image and lack of confidence?

These are the concerns that the Metabolic Care Clinics hear from parents of growing children. A Healthy Kids program has been developed as a solution for childhood obesity. The program involves nutrition and exercise solutions that are safe, simple and successful.

MCC nutrition solutions are kid-approved, appropriate for the whole family, quick and easy. The meal solutions are balanced so that children can learn at a young age the importance of blood sugar stabilization.

MCC kids exercise solutions are performed in a non-intimidating environment. Children will initially meet with a physiotherapist and work with a personal trainer to ensure their exercise is age appropriate and safe for the

growing body.

Children as young as six years old can now take part in body composition analysis that will identify their total body weight, as well as fat and muscle breakdown. As the child grows, their weight will increase; this test, however, will measure the fat ratio.

Have your child receive a FREE body composition today! Call Metabolic Care Clinics at 905-825-3800.

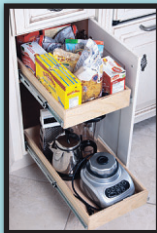
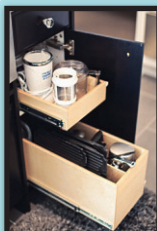


With the help of Metabolic Care Clinics and three weekly workouts, Dmatar, pictured above, lost 20 per cent of his body fat over the course of eight months.

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