Summer’s here and before heading out into the sun for fun remember that the summer heat can take an extensive toll on the health of our bodies. During the hot summer months, our internal body heat increases, causing the body’s cooling mechanism to work extra hard. However, there is a limit to how hard our natural cooling mechanism can maintain a normal internal temperature of 98.6 degree F. If the body temperature increases without sufficient cooling, heat exhaustion or heat stroke may occur. While enjoying all the fun in the sun this summer, stay smart by following these heat healthy tips. *Stay hydrated:* Increase fluid intake throughout the day: Drink plenty of non-carbonated fluids before, during, and after physical activity. (Examples: water, Gatorade, Propel) *Stay away from alcohol & caffeine* because they increase dehydration *Give yourself a couple days to adjust to summer heat* *If possible schedule physical activities for cooler times in the day.* *When working outside, allow for breaks.* During breaks, try and move to a cooler location (shade or inside) & drink plenty of water. *Replenish Salt and Minerals:* Salts and minerals from the body are removed when heavily sweating. These salts and minerals must be replaced through a well balanced diet. *Wear appropriate clothing:* Light-weight, light colored, loose fitting clothing and hats provide shade.  *Wear sunscreen & remember to reapply:* Recommended: SPF 15 or up & apply 30 min. before going outside. Reapply after swimming, heavy sweating or every 2 hours. Protect yourself from harmful UV rays: Potential long-term consequences: cancer, advanced skin aging. Short term: affects body’s ability to cool itself & increases water loss. *Get plenty of sleep & eat healthy:* Efficient amounts of sleep & healthy eating will give you more energy for each day. *Keep cool indoors with fans, or air conditioning:* On extremely hot days, if possible, try to do activities inside.

Ahh, it’s finally summer, you’re laying out at the pool and you’ve got everything you need. With your new swimsuit, UVA and UVB blocking sunglasses, SPF 30 or above sunscreen, and a good book, you’re set, right? Wrong. You’re missing one of the most important things: hydration! Water is absolutely vital in order for your body to perform all of the necessary tasks to keep you alive. In a well-hydrated body, at least 70% of the lean body mass should consist of water. If you are as little as 2% below that amount, your body is considered dehydrated and side effects can begin. Moderate dehydration can cause lowered metabolic rates, an increase in heart rate, and also faintness. In athletes, it can cause diminished performance capacity and lack of energy. Once dehydration reaches a more serious level, you can start to experience headaches, cramping, anxiety, extreme dizziness, confusion, and loss of consciousness. Recently, scientists have discovered that the old standard of 8 glasses of water per day is not necessarily true. Overall, moderately active men should consume the equivalent of 15-16 cups of fluids per day, and moderately active women should consume 11-12 cups per day. Athletes need to drink more fluids because they lose water through heavy breathing and excessive perspiration. Meeting the recommended fluid intake per day does not have to come exclusively from water. All beverages count towards this amount. However, caution should be used when drinking caffeinated drinks as well as alcoholic beverages. Caffeine and alcohol assist in dehydration. Foods with high water content, like fruits and vegetables, aid in staying hydrated. 20% of our daily intake of fluids comes from the foods we eat. Keeping yourself hydrated is a continuous effort throughout the day, especially in the heat of summer. A good tip is to keep a water bottle with you at all times. Don't let the summer heat strike you down. Instead, drink up and enhance your mind, body, and spirit!
As children, most of us heard lots of health advice. Unfortunately, some of it, however well-intentioned, was medically incorrect. See if you’ve ever heard – or believed – any of these common summer health myths:

* “Wait a half hour after eating before you can safely go swimming.” This one seemed almost universally accepted when I was a child and is still believed today. The myth involves the possibility of suffering severe muscle cramping and drowning from swimming on a full stomach. While it’s true that the digestive process does divert the circulation of the blood toward the gut and to a certain extent, away from the muscles, the fact is that an episode of drowning caused by swimming on a full stomach has never been documented. Neither the American Academy of Pediatrics nor the American Red Cross makes any specific recommendations about waiting any amount of time after eating before taking a swim. There’s a theoretical possibility that one could develop a cramp while swimming with a full stomach, but most of the time if you are in a pool or controlled swimming area you can exit the water if this happens. As with any exercise after eating, swimming right after a big meal might be uncomfortable and it might make you vomit, but it shouldn’t cause you to drown.

* “Sunburn will fade into a tan,” or “You need to burn first before you start to tan.” Sunburn is a burn and not a prerequisite stage for a tan. Sunburn will result in skin damage, redness, and eventual peeling. Any amount of sun exposure poses an increased risk for the development of skin cancers and premature aging, but sunburn poses an even stronger risk.

* “Dark-skinned people don’t need sunscreen.” People with lighter skins have less melanin, the pigment that absorbs UV radiation and protects skin, than dark-skinned people. While light-skinned people will be very sensitive to the effects of UV rays from the sun, those with darker skins can still be affected by damaging UV radiation. The American Academy of Dermatology recommends routine sunscreen use (with an SPF of at least 15) for dark-skinned people.

* “Watermelon seeds will germinate and grow in your stomach.” No…they won’t. There is a very small risk of damage to the intestine (inflammation, obstruction, or a wound or tear in the bowel) from swallowing any small sharp object such as a seed. A watermelon or other type of seed could potentially lodge inside the appendix and lead to appendicitis, but this is unlikely to happen. The benefits of including fruit in your diet far outweigh any risks associated with swallowing seeds.

Debunking Summer Health Myths

With all the new advances and knowledge about skin cancer, it can be quite overwhelming to try and protect oneself from the damaging rays of the sun. Tanning is at high concern because the damaging effects are life long. Even though all sun is dangerous, there are various deceiving myths that seem to distort the truth about the harmful effects of tanning. See if you have been persuaded by these common tanning myths below:

✦ Tanning beds are safer than the sun. Did you know that 20 minutes in a tanning bed is equivalent to approximately fours hours in the sun? Tanning beds also use UVA rays, which penetrate deeper into the skin than UVB rays. UVA rays are known to cause skin cancer and suppress the immune system.

✦ A little sunscreen is all that is needed to protect myself from the sun. Of course, sunscreen is highly recommended. However, most people often forget to reapply sunscreen and use the proper amount that is recommended. Sunscreen wears off with sweat and swimming. For this reason, one should reapply sunscreen about every two hours or after getting wet. Even on cloudy days, 85% of UV rays can make it through the clouds. This means that even though you might not be at the beach, you are still at risk when working outside in the yard, taking walks, riding in the car, going for a run, and other outdoor activities. Bottom-line: applying sunscreen in the morning and thinking it will protect you all day is a myth. Sunscreen needs to be worn anytime you are outside throughout the entire year.

✦ I can fix my sun-damaged skin by starting now. Sun damage is irreversible. Protection now will not eliminate or erase the damage already done in previous years. Skin cancer typically can take 20 or more years to develop so adults often see the results from when they were kids and teenagers. According to the Skin Cancer Foundation, most people receive about 80% of their lifetime sun exposure before the age of 18. They estimate that one blistering sunburn during childhood doubles the risk of developing melanoma later in life. Although you cannot do anything about your childhood, start now and make sure to protect yourself from any further damage.

Only fair skinned individuals get skin cancer. Although dark skinned individuals are less likely to develop skin cancer due to more melanin pigment within the skin for protection, they are still exposing themselves to the damaging rays of the sun. Even if you do not burn, tanned skin is in fact damaged skin. As a result, the more you repeat tanning, the more you injure the skin and increase the chances of developing skin cancer.

For more info check out:
http://health.online-006.com/skin_cancer.html
http://www.medical-health-news.com
http://www.ezinearticles.com
Symptoms of prostate problems can be prevented with some lifestyle changes. First, men should have a yearly prostate exam after the age of 40. Daily exercise combined with a diet that is low in fat and high in fiber, fruits, soy products, and tomatoes, will also help prevent prostate problems.

Symptoms of prostate problems vary from person to person, however, some common symptoms include: frequent urination (especially at night), hesitancy or slow urination, difficulty emptying the bladder, post-urination dribbling or leaking, pain in the hips and thighs, blood in the urine or semen, and sexual dysfunction. If you or your loved one is experiencing any of these symptoms, a doctor appointment should be made. Nearly 50% of men over the age of 50 will experience one or more of these symptoms. When visiting the doctor, do not be shy about your condition. It is important that you report all of the symptoms to the doctor so he/she can better diagnose your prostate health. A good tool to take to the doctor is the BPH symptoms score index, put out by the American Urological Association. The good news is that many prostate problems are easily treated with medications if detected early enough. Make sure to discuss the possible treatment options with your doctor.

Prostate problems can be prevented with some lifestyle changes. First, men should have a yearly prostate exam after the age of 40. Daily exercise combined with a diet that is low in fat and high in fiber, fruits, soy products, and tomatoes, will also help prevent prostate problems. Men should also limit the amount of alcohol and caffeine in the diet and stop smoking. Finally, watch your weight because obesity is also a risk factor for several types of cancer including prostate cancer. If you or someone you love are suffering from the embarrassing symptoms related to prostate health and would like more information on prostate health consult your physician.

For more info or a copy of the BPH symptoms score index self questionnaire visit:
http://www.urologyhealth.org/symptom.cfm
http://www.prostatehealthguide.com/index.html
http://www.menshealthweek.org/
http://healthlink.mcw.edu/article/931013387.html

The Blood Sucking Intruder: TICKS

Hiking and romping through the woods may be an active and relaxing way to become connected with nature, but to have a safe experience, it is important to take preventative measures in protecting oneself from ticks that may carry Lyme disease.

A tick is a small spider that feeds on the blood of animals and humans. Many times, it can be hard to detect if a tick has attached itself to the skin because the bite is practically painless. A tick can stay attached to a person's skin for several weeks as long as it continues to get nourishment from the blood. If you find a tick on your skin, don't panic. It is true that Lyme disease is the most common tick-borne disease in the United States, but your risk of developing Lyme disease after being bitten by a tick is very low.

Lyme disease is an infection that causes an inflammatory disease affecting the skin, joints, nervous system, and other organ systems. Symptoms usually appear within a week of infection, but may develop up to 30 days after the tick bite. Within the various types of ticks, only the deer tick carries Lyme disease. Deer ticks are harder to detect than dog ticks because they are much smaller. An adult deer tick is about the size of a sesame seed. If you find a tick on your skin follow these steps for proper removal: 1) Remove the tick immediately with tweezers as close to the skin as possible and pull straight out without twisting or rocking. Never use petroleum jelly or a hot match to kill and remove a tick. 2) Put the tick in alcohol to kill it. 3) Wash hands and the site of the bite with soap and water. 4) Swab the bite with alcohol.

You should call your doctor if: 1) The tick may have been on the skin more the 24 hours. 2) Part of the tick remains in the skin after removal. 3) A rash of any kind develops. 4) The area looks infected 5) Symptoms like fever, headache, fatigue, chills, stiff neck, and muscle or joint aches develop.

Ticks like to live in shady, wooded areas. They especially like warm weather, so extra caution should be taken during summer. Ticks are usually found from April through September, but they can be found whenever it is warm outside. After heading in from an outdoor adventure, take the time to check yourself of ticks. Good places to look for a tick are the back of the knee, thighs, belly button, armpit, ears, hair, or the back of the neck. Take preventative action!!! Always wear closed shoes (like sneakers and boots, not sandals) and tuck your pants into your socks so that ticks cannot get inside your clothes. Also, spray insect repellent on exposed skin and clothing. These pesky invaders do not deserve to ruin anyone's day of fun.


Men's Health: Prostate Information

Did you know that the week proceeding Father's Day every year is designated as Men's Health Week? Men's Health Week was established to make men more aware of health issues that are common among men and boys, as well as, promote early detection and treatment of diseases. Prostate health is among the leading health problems in men. Generally prostate problems are not reported until men reach their 40's. It is estimated that 30 million men suffer from prostate problems such as benign prostatic hyperplasia (BPH) or an enlarged prostate, prostate cancer and prostatitis (inflammation of the prostate generally caused by an infection) each year.

Symptoms of prostate problems vary from person to person, however, some common symptoms include: frequent urination (especially at night), hesitancy or slow urination, difficulty emptying the bladder, post-urination incontinence (leaking or dribbling), pain in the hips and thighs, blood in the urine or semen, and sexual dysfunction. If you or your loved one is experiencing any of these symptoms, a doctor appointment should be made. Nearly 50% of men over the age of 50 will experience one or more of these symptoms. When visiting the doctor, do not be shy about your condition. It is important that you report all of the symptoms to the doctor so he/she can better diagnose your prostate health.

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For more info or a copy of the BPH symptoms score index self questionnaire visit:
http://www.urologyhealth.org/symptom.cfm
http://www.prostatehealthguide.com/index.html
http://www.menshealthweek.org/
http://healthlink.mcw.edu/article/931013387.html
The Department of Campus Recreation sponsors the WellSLU newsletter and offers wellness opportunities to the Saint Louis University community.

**Simon Recreation Center**

**Summer Facility Hours**

The Simon Recreation Center is open daily:

- **11:00am-9:00pm**
- **Indoor Pool Hours:** 11:30am-8:30pm
- **SRC Outdoor Pool Hours:** 11:00am-6:00pm

*From June 5th–July 21st the pool will be closed for summer camp usage Monday-Friday from 2:00pm-4:00pm.*

ALSO The indoor pool will be closed from August 5th-18th for annual summer cleaning and maintenance.

**Simon Recreation Center**

**Early Bird Hours**

May 30th-July 30th 6:30am-9:00am Monday-Friday

Pool early bird hours: 6:30am-8:30am

July 31st-August 27th 6:30am-9:00am only on Mondays, Wednesdays, and Fridays.

No Early Bird on Tuesdays and Thursdays.

Pool early bird hours remain 6:30am-8:30am.

**Salus Center Facility Hours**

- **Monday, Wednesday, Friday**
  - 6:30am-11:00am and 12:00pm-8:00pm
- **Tuesday and Thursday**
  - 6:30am-8:30am and 12:00pm-8:00pm
- **Saturday and Sunday**
  - 7:30am-9:30am and 4:00pm-7:00pm

*The Salus Fitness Center is operated by the Department of Campus Recreation and is open to students, members of the Simon Recreation Center, and Water Tower Inn Guests. For more information about this facility please call 977-8250 or 977-3975.

All of the above times are subject to change based on availability of staff, break periods, facility special events and/or other events that may stand in the way of normal operating hours. Please call 977-3975 or 977-3181 for more info.

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**Some of the Free Services that the Wellness Lab Provides**

- Fitness Center Orientations
- Nutrition Education
- Techniques for Managing Stress
- Flexibility Assessment and Instruction
- Blood Pressure Screenings
- Health and Wellness Handouts
- Body Composition Analysis
- Health and Wellness Video Rentals
- Training Logs

And MUCH MORE!!!

**Be on the lookout for some of our favorite Wellness events:**

**Good Eats:** TBA: This program features samples from different restaurants and businesses around SLU that provide the campus with healthy alternatives for food.

**The Wellness Fair:** TBA: This program features a large variety of informational booths covering on-campus and off-campus services. It also includes health screenings, different wellness activities, and a Sports Club Expo.

**Make sure to check out some of our other great Wellness Programs:**

**Brown Bag Lectures:** A lunch is provided free of charge to all of the SLU community that attend these helpful lunch time lectures on different wellness topics.

**Cooking Demonstrations:** Led by interns from the Department of Nutrition and Dietetics, our cooking demonstrations will help you expand your knowledge of nutrition and create healthy dishes.

**Nutritional News:** This is a one page information sheet that gives you a couple of tidbits about nutrition, working out, and living a healthy lifestyle. It even provides you with a healthy recipe to try at home. Pick one up at the Simon Recreation Center today!

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**Disclaimer**

The WellSLU is provided FREE of charge on an "AS IS" basis. The information contained herein is believed to be accurate but is not warranted and is not meant to replace the advice of your healthcare provider.