



Learn Not to Burn

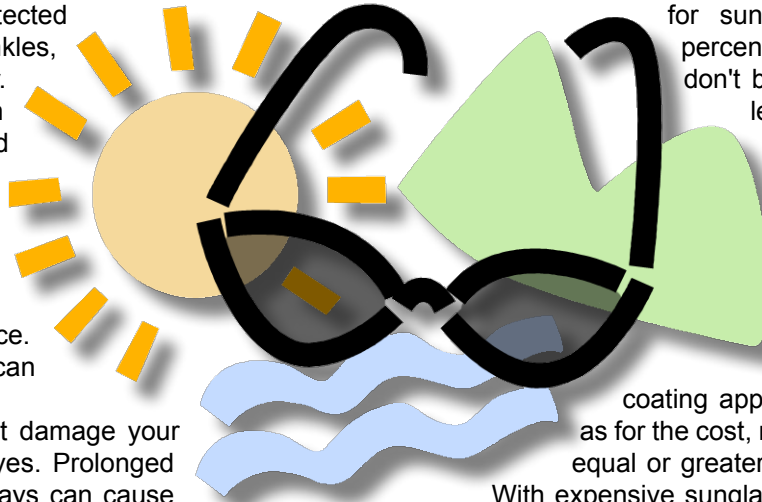
July is UV Safety Month

Warm summer days and outdoor activities expose you to harmful ultraviolet, or UV, rays from the sun. July is UV Safety Month, and health care providers across the nation are urging Americans to protect their eyes and skin by wearing sunglasses, wide-brimmed hats, and plenty of sunscreen.

A sunburn or tan results when UV rays damage your unprotected skin. This may lead to wrinkles, skin spots, or skin cancer. The wrinkles and other skin changes we think are caused by aging usually occur from getting too much sun. Studies estimate that 40 to 50 percent of Americans who live to age 65 will have skin cancer at least once. Even dark-skinned people can develop skin cancer.

The same UV rays that damage your skin can also harm your eyes. Prolonged exposure to the sun's UV rays can cause eye conditions that can lead to vision loss, such as cataracts and age-related macular degeneration. Protecting your eyes becomes even more crucial during the summer months, because the level of ultraviolet radiation is three times greater than in winter.

Sunglasses and a wide-brimmed hat are the best defense for your eyes against sunlight and harmful UV rays. To be effective, both must be worn every time you're outside for prolonged periods of time, even when it's overcast.



But what type of sunglasses should you buy? Look for sunglasses that block 99 to 100 percent of UV-A and UV-B rays, and don't be misled by the color of the lens or the price tag dangling from the frame.

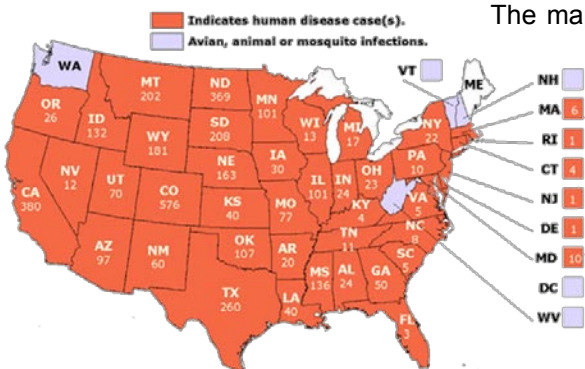
The ability to block UV light is not dependent on the darkness of the lens. UV protection can come from adding chemicals to the lens material during manufacturing or from a chemical coating applied to the lens surface. And as for the cost, many \$10 sunglasses provide equal or greater protection than a \$100 pair.

With expensive sunglasses, you're paying for style, frame quality, and options such as scratch-resistant coatings, and not necessarily protective UV ray blocking ability.

While you're protecting yourself from UV radiation, don't forget about your kids. The majority of lifetime sun exposure happens in childhood, even though the damage doesn't show up until adulthood.

To learn more about how you can protect your eyes from harmful UV rays, visit the American Academy of Ophthalmology Web site at www.aao.org.

From the Director



Cool Summer Salad Recipes

BLT Salad

courtesy *Gourmet* magazine

Ingredients

6 slices bacon
1/4 loaf Italian bread, cubed
1/4 teaspoon minced garlic
1 tablespoon lemon juice
1/4 cup mayonnaise
1 tablespoon water
1 small red onion, sliced
1/2 pound cherry or grape tomatoes, halved
1 head lettuce, torn into bite-size pieces
Salt and pepper

Preparation

Cook bacon in a skillet over moderate heat until crisp. Reserve 1 tablespoon bacon fat in pan, drain bacon on paper towels and crumble. Heat bacon fat and sauté bread cubes with salt to taste until golden brown. Drain croutons on paper towels.

For dressing, in a small bowl, whisk together garlic, lemon juice, mayonnaise, water, and salt and pepper to taste.

In a large bowl, toss together onion, tomatoes, lettuce, half of bacon and croutons, salt and pepper to taste, and enough dressing to coat.

Divide salad between two plates and top with remaining bacon and croutons.

Tomato, Cucumber, and Red Onion Salad

courtesy *Bon Appétit* magazine

Ingredients

2 large cucumbers
1/3 cup red wine vinegar
1 tablespoon sugar
1 teaspoon salt
3 large tomatoes, seeded and coarsely chopped
2/3 cup red onion, coarsely chopped
1/2 cup fresh mint, chopped
3 tablespoons olive oil
Salt and pepper, optional

Preparation

Cut cucumbers in half lengthwise; scrape out seeds. Cut halves diagonally into 1/2-inch-wide pieces and place in large bowl. Add vinegar, sugar, and salt. Let stand at room temperature for 30 minutes; toss occasionally.

Add tomatoes, red onion, mint, and olive oil to cucumbers and toss to blend. Season salad with salt and pepper to taste.

You can finish these taste-tempting summer salads off with a delicious dessert of fresh strawberries, chunks of fresh melon (such as watermelon, cantaloupe, or honeydew), or fresh peaches.

Eat healthy this summer!

Don't Get Needled by Used Syringes

More than nine million Americans use syringes to self-inject prescription medications such as insulin. Since most medications need to be taken two or more times per day, this adds up to more than two billion needles that need to be disposed of. With the incidence of diabetes rising dramatically, the need for proper used needle disposal will only grow in the coming years.

The results of improper disposal of used syringes can literally be deadly. A 44-year-old trash collector was stuck in the leg with a needle from someone's trash. A year later, he started having stomach pains. His doctor told him that he had hepatitis C, probably from being stuck by the needle. The man is now in chronic liver failure, and will likely die from the disease.

There is also a financial toll from improper needle disposal. The cost of post-exposure treatment can be \$3,000 or more, and that doesn't take into account the cost for complications from a needle injury such as infection.

Fortunately, success stories can be found all over the nation. A needle disposal program developed by the Diabetes Foundation of Rhode Island collected 1.3 million sharps in its first year. This resulted in a 100% reduction in needle-stick injuries among waste workers and a 50% reduction in the number of loose syringes and lancets found in house-

hold trash.

Currently, Missouri does not have any written guidance on disposal of household-generated syringes, so it's up to us to make sure we do it right. For more facts and tips on safe sharps disposal, visit SafeNeedleDisposal.org.

Proper Home Disposal of Used Needles



- Avoid recapping used needles
- Place used needles in a heavy-duty puncture-resistant container, such as a plastic detergent bottle, a used bleach bottle, or a sharps container available at pharmacies
- Add one teaspoon of bleach
- Secure lid with duct tape and write "Medical Waste" in permanent ink
- Dispose of container in regular trash, not with recyclables