



No tan is healthy.

By Eric Endlich, PhD

Hopefully, you use sunscreen to protect your skin. Nearly 5 million Americans are treated for skin cancer every year. When used correctly, sunscreen can help prevent skin cancer and protect your complexion.

In the U.S. only a small percentage of men and women use sunscreen regularly when outside for more than an hour. And many people who do use it aren't using it right.

Last year, the CDC reported that sunscreen users often get burned, likely because they apply too little sunscreen to protect against skin cancer — or apply or reapply it too late during sun exposure.

The best defense is to use a lot of sunscreen. Follow the CDC guidelines:

- 1 Use an ounce (a full shot glass) of sunscreen to cover your entire exposed body, including neck, ears, top of feet and head. (Check expiration dates before using.)
 - 2 Choose sunscreen labeled **broad spectrum** and **water resistant** with a sun protection factor (SPF) of at least 30. This protects you from UV rays 30 times longer than without sunscreen.
 - 3 Choose 30 to 50 SPF for fair or sensitive complexions.
 - 4 Apply sunscreen at least 15 minutes before you go outside. Reapply it at least every 2 hours: more often when sweating or in or around water.
 - 5 Wear a hat, choose shade and schedule activities to avoid times when the sun is most intense (10 a.m. to 4 p.m.).
 - 6 Wear sunscreen year round and even when it's cloudy.
- »Learn more at [cdc.gov/cancer/skin/basic_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm).



Carbs: The Lowdown

By Cara Rosenbloom, RD

In the world of nutrition, sometimes carbohydrates get a bad rap. The negativity may be due to misinformation because so many foods contain carbs, and some are healthier than others. So let's separate fact from fiction and see how you can include carbs in your diet beneficially.



Choose these: Vegetables, fruit, beans, lentils and 100% whole grains are nutritious foods. Research links this combination of high-carb foods to prevention of heart disease, stroke and some types of cancer. These foods contain complex carbs and fiber that satisfy your hunger and help stabilize cholesterol and blood sugar levels. And they are high in vitamins and minerals.

Have these less often: Sugars, syrups and foods made with these ingredients, such as cookies, candy and ice cream, are less nutritious forms of carbohydrates, lacking vitamins and minerals. The American Heart Association recommends limiting added sugars to no more than 6 teaspoons per day for women and 9 teaspoons per day for men. Excess added sugar — more than 12 teaspoons per day, is linked with an increased risk of heart disease, stroke and type 2 diabetes.

What about low-carb diets? There isn't one right diet for everyone, and some people — including those with type 2 diabetes — may thrive when they reduce carb intake. Most people who cut carbs successfully usually scale back on added sugar. That's good as long as you eat a variety of nutritious, whole, plant-based foods that meet your nutrient needs. Ultimately, the best diet is one you can stick to long term.



Remember: It's a mistake to disparage all carbohydrates just because some of them are sugary and not nutritious.



Calming Techniques

Ever felt nervous about a work project, a doctor appointment or being late for a meeting? Everyone feels anxious sometimes and the result can be headaches, stomach upset, a racing heartbeat or feeling miserably tense. At times like this, you want to calm down — but how?

For ongoing anxiety, learning and practicing yoga and meditation can help. There are also calming techniques to soothe anxious feelings while you're on the go. No matter how much or little time they require, these stress-soothing strategies can produce a similar effect. They spark the body's natural relaxation response, slowing breathing and heart rate, controlling blood pressure and promoting a sense of well-being.

Tips for going from frazzled to calm:

- **Focus on your breathing.** Take long, deep breaths, inhaling into your abdomen. Exhale slowly and repeat several times.
- **Silently repeat a calming phrase.** Some people use a short prayer, mantra or a soothing phrase, such as "All is well" or "I am fine."
- **Mentally scan your body.** While anxiously waiting for a meeting, breathe slowly as you focus on 1 part of your body at a time. Consciously relax your muscles, mentally releasing any tension you feel there.
- **Tell yourself,** "I can do this."

Opioid Medications: Acute vs. Chronic Pain Relief



Opioids are a group of pain-relieving drugs that have been very helpful in controlling acute pain, such as pain following surgery or a broken bone or from cancer.

When traveling through your blood, opioids attach to opioid receptors in your brain cells, which then release signals that dull your perception of pain and boost pleasure sensations. Opioids and the feelings they produce can quickly become addictive.

With increased use of opioids in recent years, many patients have experienced withdrawal problems when trying to stop using them. A major concern is opioid prescriptions for chronic pain, which more than tripled from 1999 to 2015, resulting in increased opioid addiction and death by overdose.

Anyone can become addicted to opioid drugs. To lower your chances of abuse, consider the risk factors:

- Family history of substance abuse.
- Personal history of drug, alcohol, marijuana or tobacco use, abuse or dependency.
- Depression, anxiety, bipolar disorder, ADHD or another mental health disorder.

- Severe social stressors, such as family or financial worries.
- Young age.

Signs of opioid addiction are cravings, inability to control using, and continuing drug use despite the negative consequences it creates in your daily life.

If opioids are prescribed, learn all you can from your health care provider. Ask about:

1. Non-opioid pain treatment options.
2. Your risk for opioid addiction.
3. Precise directions for using opioids and for the shortest period possible.
4. Interactions with other medications you are using.

Drug addiction is complex but once diagnosed it is treatable. If you have been using opioids long term, don't try to stop without medical supervision. Referral to a therapist who specializes in opioid withdrawal and a support group can help. Withdrawal symptoms can include extreme anxiety, overall body pain, gastrointestinal distress and insomnia.

Q: Manage the terrible twos?

A: Toddlers want to do things more independently.

At this stage, they must also learn limits. When they can't accomplish things or express themselves constructively, frustration and misbehavior may follow. Here are ways to navigate this temporary but often turbulent phase:

1. Empathize, and don't take tantrums personally.
2. Calmly teach appropriate ways to manage feelings.
3. Avoid physical punishment, intimidation or telling children that they're bad.
4. Avert tantrums via regular mealtimes and nap times. Plan ahead to prevent boredom.
5. Explain plans in advance.
6. Help a child anticipate transitions with picture schedules and reminders.
7. Focus on the most problematic behaviors.
8. Empower kids by giving them choices.
9. Distract children before they escalate, and consider taking a break before you escalate.
10. For additional advice, consult your pediatrician.

— Eric Endlich, PhD



Note: Due to production lead time, this issue may not reflect the current COVID-19 situation in some or all regions of the U.S. For the most up-to-date information visit [coronavirus.gov](https://www.coronavirus.gov).

The **Smart Moves Toolkit**, including this issue's printable download, **Cool Meals for Hot Days**, is at personalbest.com/extras/20V7tools.

