Preventing Skin Cancer, continued:

When You Are Outdoors

Protect your skin when you go outdoors during the daytime. This includes if you are running errands by car since you are still exposed to the sun and the UV rays. There isn’t just one easy way to protect your skin. It’s best to follow all these steps:

- Wear clothing that covers your skin. Put on a wide-brimmed hat to protect your face, ears, and scalp. Wear sunglasses that block as many UVA and UVB rays as possible. Sunglasses that wrap around the eyes are best because they block UV rays on the sides.
- Watch the clock. Try to avoid the sun between 10 am and 4 pm when planning to be outdoors. The UV rays are the strongest at this time. You’re still at risk on cloudy days because clouds only block about 20 percent of UV rays.
- Head for the shade or create your own. Use an umbrella when sitting or strolling.
- Know that the sun’s rays can reflect off sand, water, and snow. This can harm your skin. Take extra care when you are near reflective surfaces.
- Shield your skin with sunscreen. Also, apply sunscreen to your children’s skin.

Tips for Using Sunscreen

To help prevent skin cancer, choose the right sunscreen and use it correctly. Try the following tips:

- Choose a sunscreen that has a sun protection factor (SPF) of at least 15. The sunscreen should shield you from UVA and UVB (Ultraviolet A and B) rays
- If one brand irritates your skin, try another
- Reapply sunscreen every 2 hours or sooner if you get wet or sweat a lot. If you’re active, do this more often.
3 Reasons to Visit the VHL

The Veterans Health Library (VHL) is a one-stop shop for health information specifically for Veterans.

1. **Learn more about your health condition.**
   The VHL has information on cancer, chronic pain, diabetes, and much more. Click on “Diseases & Conditions” on the home page for other health conditions.

2. **Browse health information**
   The home page includes a Health Encyclopedia, so Veterans can browse the VHL’s entire health library.

3. **Get tips for prevention and wellness.**
   Click on the “Living Well” tab for information on exercise, fall prevention, tobacco cessation, and more.

http://www.veteranshealthlibrary.org/

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HEALTHY AGING IN WOMEN

Are you making healthy aging a priority in your life? Staying healthy as you grow older means taking time to recognize and address your changing health needs.

**Regular primary care visits**

As you age, it’s more important than ever to have regular visits with your primary care provider. New health issues may be emerging, and your designated women’s health provider can help you address them early.

**Nutrition**

How you fuel your body becomes more important as you age, too. A calcium-rich diet can help prevent osteoporosis. Eating well can reduce your risk of developing heart disease, stroke, type 2 diabetes, some kinds of cancer, and anemia.

**Exercise**

Activity is important at all stages of life, but many aging adults don’t make an active lifestyle a priority. Even light exercise and physical activity can improve your health as you grow older, even if you already have conditions that accompany aging.  

http://go.usa.gov/yK8F  
www.choosemyplate.gov/

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Do you have thoughts about suicide?

If you or a loved one has thoughts about death or suicide, call 911 or the Veterans Crisis Line at 800-273-TALK (800-273-8255) and press 1, or use other emergency services. Or you can chat with a trained counselor online at www.VeteransCrisisLine.net.

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Events:
Visit Iron Mountain VA Medical Center on Facebook  
https://www.facebook.com/VAlronMountain/  
**Veteran Town Halls:** Check Facebook for future Town Hall meetings  
**Whole Health Orientation:** 2nd Wednesday of every month from 10-11 Am Cst, and the 4th Thursday of every month from 2-3:30 pm Cst

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Tips continued:

- Cover any sun-exposed skin, from your face to your feet. Don’t forget your ears and sunscreen lip balm to protect your lips.

  Know that while sunscreen helps protect you, it isn’t enough. You should wear protective clothing, too.

Reference:
http://www.veteranshealthlibrary.org/  
https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm