

In The Know...

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Welcome

Welcome to the fifth edition of our newsletter! We are continuing our effort to deliver to you an issue containing helpful health information. If there is a topic you would like to see covered, please let us know and we will be happy to include it in a future issue.

This newsletter will be published on our website and can also be received via email. If you, or someone you know, would like to receive new issues via email, please sign up on our website, <http://www.bpaco.com>.

If you have any questions or comments regarding this newsletter, please contact us at newsletter@bpaco.com.

Dehydration, what is it?

Information provided by the PPHA

Dehydration is a condition that occurs when a person loses more fluids than he or she takes in. Dehydration isn't as serious of a problem for teens as it can be for babies or young children. But if you ignore your thirst, dehydration can slow you down. Our bodies are about two thirds water. When someone gets dehydrated, it means the amount of water in his or her body has dropped below the level needed for normal body function. Small decreases don't cause problems, and in most cases, they go completely unnoticed. But losing larger amounts of water can sometimes make a person feel quite sick.

The easiest way to avoid dehydration is to drink lots of fluids, especially on hot, dry, windy days. Water is usually the best choice. Drinking water does not add calories to your diet and can be great for your health. The amount that people need to drink will





depend on factors like how much water they're getting from foods and other liquids and how much they're sweating from physical exertion. When you're going to be outside on a warm day, dress appropriately for your activity. Wear loose-fitting clothes and a hat if you can. That will keep you cooler and cut down on sweating. If you do find yourself feeling parched or dizzy, take a break for a few minutes. Sit in the shade or someplace cool and drink water. If you're participating in sports or strenuous activities, drink some fluids before the activity begins. You should also drink at regular intervals (every 20 minutes or so) during the course of the activity and after the activity ends. The best time to train or play sports is in the early morning or late afternoon to avoid the hottest part of the day.

If you have a stomach bug and you're spending too much time getting acquainted with the toilet, you probably don't feel like eating or drinking anything. But you still need fluids. Take lots of tiny sips of fluids. For some people, ice pops may be easier to tolerate. Staying away from caffeine in coffee, sodas, and tea can also help you avoid dehydration. Caffeine is a diuretic (it makes you urinate more frequently than you usually need to).

Debunking Summer Health Myths

Information provided by MedicineNet.com

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.

"When you're going to be outside on a warm day, dress appropriately for your activity. Wear loose-fitting clothes and a hat if you can. That will keep you cooler and cut down on sweating."

1. "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 a

person swimming in a pool or controlled swimming area could easily exit the water if this happens. As with any exercise after eating, swimming right after a big meal might be uncomfortable, but it won't cause you to drown.

2. "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.
3. "Dark-skinned people don't need sunscreen." People with lighter skins have less melanin, the pigment that absorbs UV radiation and protects skin, than darker-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.
4. Finally, there's the watermelon-seed myth. No, the seeds won't germinate and grow in your stomach if you swallow them. 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 very unlikely to happen. The benefits of including fruit in your diet far outweigh any risks associated with swallowing seeds.

What to Look for in a Pair of Sunglasses

Information provided by PPHA

As you slather on sunscreen to protect your skin this summer, don't forget sunglasses to protect your eyes. The same harmful rays that damage skin can also increase your risk of developing eye problems, such as cataracts (a clouding of the eye's lens that develops over years).

In the short-term, people who spend long hours on the beach or in the snow without adequate eye protection can develop photokeratitis, reversible sunburn of the cornea. This painful condition can result in temporary loss of vision. When sunlight reflects off of snow, sand and water, it further increases exposure to ultraviolet (UV) radiation. These invisible high-energy rays lie just beyond the violet end of the visible light spectrum.

Everyone is at risk for eye damage from the sun year-round. The risk is greatest from about 10 a.m. to 4 p.m. Fishermen, farmers, beach-goers, and others who spend time in the sun for extended periods are at highest risk.



UV radiation in sunlight is commonly divided into UVA and UVB, and your sunglasses should block both forms.

Don't assume that you get more UV protection with pricier sunglasses or glasses with a darker tint. Look for a label that specifically states that the glasses offer 99 percent to 100 percent UV protection. You could also ask an eye-care professional to test your sunglasses if you're not sure of their level of UV protection. Sunglasses should be dark enough to reduce glare, but not dark enough to distort colors and affect the recognition of traffic signals.

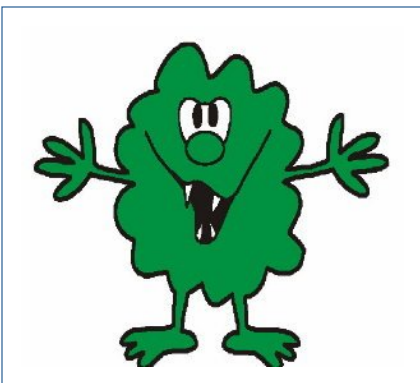
Tint is mainly a matter of personal preference. For best color perception, one should use neutral gray, amber, brown or green. People who wear contact lenses that offer UV protection should still wear sunglasses.

Children also should wear sunglasses. They shouldn't be toy sunglasses, but real sunglasses that indicate the UV-protection level just as with adults. Polycarbonate lenses are generally recommended for children because they are the most shatter resistant.

How to Avoid Food-Borne Illnesses

Information provided by MedicineNet.com

"Food-borne illnesses are more common in summer for a number of reasons," says Linda Harris, PhD, professor in the food science and technology department at University of California Davis. "If the temperature is higher, there is more opportunity for temperature abuse of foods -- that is leaving them in the danger zone, which is anything above 40 and below 140 degrees. In this range, microorganisms that cause food-borne disease can multiply."



From the pasta salad left out all afternoon on the Fourth of July, to a turkey and mayo sandwich in your backpack on a 3-mile hike up a mountain on a warm day, to simply driving from the grocery store to your home in the sweltering heat, summertime foods are a breeding ground for trouble -- and bacteria.

How to avoid it. "There are four basic rules for preventing food-borne illness: cook, clean, chill, and separate -- and these become important during summer," says Harris, who is a scientific communicator with the Institute of Food Technologists.

First, she recommends, use a thermometer when cooking so you know your food is adequately heated.

Second, "when you are outside, it's always best to wash with soap and water. But if you can't, bring sanitizing handy wipes so you can clean your hands after you handle food," Harris tells WebMD.



Third, "if you are going to a picnic, use a cooler where you can maintain food in a cool temperature," says Harris. "Don't use it to make things cold, but to keep things cold. Remember to bring enough ice, as well. If you can't use a cooler, like on a hike, bring foods that don't need refrigeration. Or freeze your foods, so when you are ready to eat them, they're thawed out."

Finally, Harris says, "Keep your utensils and dishes that you use for raw meat separate from those you use to eat."

Warning signs. The warning signs of food-borne illness are the usual suspects, explains Harris: vomiting, stomach cramps, diarrhea, flu-like symptoms, or any combination of these not-so-pleasant symptoms.

"One of the mistakes people make is to assume that the last thing they ate is the cause of their symptoms," says Harris. "While some types of food-borne illnesses take two to six hours until symptoms appear, others take one or three days. So the culprit is not always the last thing you had, even though that's probably what came up."



What to do. Despite best efforts, if you fetch up with something you might suspect is food-borne, keep in mind, "Some food-borne illnesses, such as E. coli O157:H7, can be life-threatening, particularly for young children, the elderly, and those with weakened immune systems," according to the FDA's Center for Food Safety and Applied Nutrition. "Symptoms that are severe or prolonged may need to be treated. People who believe they may have contracted a food-borne illness should call their physician."

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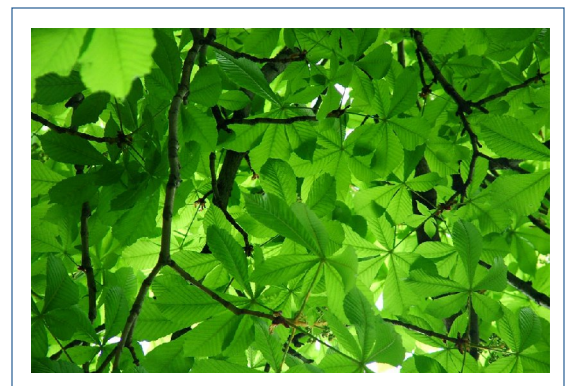
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Enjoy Summer Everyone!