



Health Notes

Surgeons Choice Medical Center

22401 Foster Winter Drive
Southfield, MI 48075
(248) 423-5100

Surgeons Choice COVID Testing

26154 Woodward Ave
Royal Oak, MI 48067
(248) 423-5777

Surgeons Choice Macomb Center

11012 E. Thirteen Mile Rd
Warren, MI 48093
586-751-9800

Surgeons Choice Dearborn Center

22731 Newman St
Dearborn, MI 48124
313-359-9540

Surgeons Choice Imaging Center

11012 E. Thirteen Mile Rd,
Suite 111
Warren, MI 48093
586-558-8470

Surgeons Choice Medical Clinic

Call for an appointment
to be seen by a specialist
within 24-hours
248-485-8300



All About Sunscreen: Why You Need It. How it Works for You.

Who should use sunscreen?

The short answer is everyone! Men, women and children over 6 months of age should use sunscreen every day. This includes people who tan easily and those who don't – remember, your skin is damaged by sun exposure over your lifetime, whether or not you burn. Babies under the age of 6 months are the only exceptions; their skin is highly sensitive. Stay out of the sun; shade structures and sun-protective clothing are the best ways to safeguard infants.

What type of sunscreen should you use?

With so many choices, how do you pick a sunscreen that's right for you? The Skin Cancer Foundation believes that the best sunscreen is the one you are most likely to use, so long as it provides safe and effective protection, and is broad spectrum with an SPF 15 or higher. Learn about your options to make an informed choice that best suits your needs. The happier you are with your sunscreen, the more consistently you'll use it.

Sunscreen ingredients

Sunscreen includes active ingredients that help prevent the sun's UV radiation from reaching your skin. Here's how the two types of sunscreen work for you:

Physical (mineral) sunscreen ingredients (including the minerals titanium dioxide and zinc oxide) block and scatter the rays before they penetrate your skin.

Chemical sunscreen ingredients (like avobenzone and octisalate) absorb UV rays before they can damage your skin.

All active ingredients in sunscreen are chemically derived. Some people may think of physical sunscreens as more "natural," or even "organic," but they're actually inorganic mineral compounds. The sunscreens many people call "chemical" are actually "UV organic filters."

What level of SPF do I need?

If you're inside most of the day with just short intervals in the sun, you can use a sunscreen or cosmetic product with an SPF of 15 or higher. If you spend a lot of time outdoors, especially when and where the sun is strongest, you need an SPF 30 or higher, water-resistant sunscreen. More about SPF.

No matter the SPF, reapplication every two hours is key. Sunscreen must also be reapplied immediately after swimming or sweating.

Broad-spectrum protection

In the past, most sunscreens only included information on product labels about protection against UVB – the rays that cause sunburn, and not UVA – the rays that cause tanning and premature aging. Now that UVA dangers are well known, broad-spectrum sunscreen provides clear information on product labels about protection against both UVB and UVA.



What to look for:

Broad spectrum: Protects your skin from both UVA and UVB rays.

SPF 15: Ideal for every day, occasional exposure, like walking your dog, or driving to work. Look for our Daily Use Seal of Recommendation

SPF 30 or higher: Necessary for extended outdoor activities, including distance running, hiking, swimming and outdoor sports. SPF 30 is a must if you work outdoors. Look for our Active Seal of Recommendation.

Water resistant and very water resistant: For swimming or intense exercise. No sunscreen is waterproof; they all eventually wash off. Sunscreens labeled water resistant are tested to be effective for up to 40 minutes of swimming, while very water resistant sunscreens stay effective for up to 80 minutes in the water.

How to choose the best mosquito repellent, according to experts

What to look for in a mosquito repellent:

Mosquito bites are annoying at best (the itchiness!) and dangerous at worst (some breeds carry diseases), but there are a number of repellent ingredients that can help keep those pesky insects at bay. Mosquito repellents come in a variety of formulas and some naturally provide a bit more protection than others.

"Repellents applied to the skin via spray or lotion will always be more effective. They are putting a protection layer directly on the skin from the biting mosquitoes," said Sonja L. Swiger, an entomology expert at Texas A&M University.

Some essential oils and herbs (rosemary, lavender, marigold and basil, for starters) are also pretty effective at keeping mosquitoes away, and citronella candles can also help when used in conjunction with repellent.

weight quickly. Your body needs balance, so make sure you eat properly. And don't do denial – you'll only end up cracking!

Best mosquito repellents, according to experts

Ben's 30% DEET Wipes

"DEET is used as the active ingredient in many insect repellents and offers the best protection against mosquito bites," said Kevin Chan, in-house entomologist for national pest control leader Mosquito Squad.

Sawyer Products 20% Insect Repellent

Formulated with 20 percent picaridin, this fragrance-free lotion repels several types of disease-carrying mosquitoes and ticks.

Coleman Lemon Eucalyptus Insect Repellent

You'll get six hours of protection from mosquitoes with this oil-based formula that also happens to have a cool, refreshing scent.

Off! Family Care Picaridin Aerosol

If you've been searching for a no-fuss formula that will get the job done without latching onto skin like glue, look no further. This simple spray fends off pesky mosquitoes with the help of its star ingredient: picaridin.



Other top-rated mosquito repellents to shop

Avon Skin-So-Soft Bug Guard

Ultrathon Insect Repellent Lotion

Repel Plant-Based Lemon Eucalyptus Insect Repellent Pump Spray

Babyganics Insect Repellent Continuous Spray

Cutter Citro Guard Citronella Candle

Natrapel Wipes

Off! Deep Woods Towelettes



IN THE SPOTLIGHT:

5 Tips for staying hydrated:

1. Don't wait till you're thirsty to drink. By the time you feel thirsty, you're already slightly dehydrated. Sip water steadily throughout the day and drink more fluids than usual when the weather is hot, especially if you're active.

2. Flavor your water. If plain water tastes boring to you, you can add flavor with fresh fruits or a splash of fruit juice. You can also consume clear broths, ice pops or sports drinks. Just make sure to limit caffeine and alcohol.

3. Eat water-rich fruits and vegetables. Certain fruits and vegetables contain plenty of water in addition to healthful nutrients. Watermelon, strawberries, cantaloupe, peaches and pineapples are fruits with high-water content. Water-rich vegetables include cucumbers, leafy greens, radishes, celery, zucchini and tomatoes.

4. Stay inside when it gets too hot. On very hot days, stay indoors in an air-conditioned environment. If you don't have air conditioning at home, try a shopping center, movie theater or public library. Avoid sun exposure, especially between 10 am and 2 pm, when the rays are strongest. Plan outdoor activities in the early morning or evening.

5. Dress for the weather. Wear light, loose-fitting clothing that lets your skin breathe. Dark colors absorb heat, so stick with lighter shades. Wear a wide-brimmed hat in the sun to keep your head cool!

