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FIND YOUR Healthy Way MONTHLY NEWSLETTER

Keeping you connected to important health updates, upcoming classes and helpful resources

Hello, July!

This month brings beaches and BBQs! As we soak up the summer fun and celebrate the 4th, let's also remember to save our skin. That's right, July is Ultraviolet (UV) Safety Month. So if you plan to hit the beach, grill and chill, or *ooh and aah* at fireworks, take a moment to protect yourself from harmful UV rays. A little sun safety goes a long way in keeping your skin healthy all summer long.

Block the rays, not the fun

UV rays can harm your skin even on cloudy days, and some commonly used products such as antibiotics and citrus oils can make your skin sensitive to sunlight. Be sun smart, and check the UV Index before you head outdoors.

What's a UV Index?

The UV Index is a scale for how strong the sun's UV rays are in your area. It's like a weather report for your skin:

Low (1–2):
Minimal risk, but still apply sunscreen if outdoors for longer periods.

Moderate to high (3–7):
Take precautions with plenty of sunscreen, shade and hats!

Very high to extreme (8+):
Extra protection needed—limit time in direct sun.

Want to see your UV forecast for today?

Click here to check it out before stepping out. Don't get burned this summer. Stay informed!

If you do get a little too much sun, studies show aloe vera may do more than cool (see below). It also can reduce inflammation and help skin heal on a deeper level. Veronika Heteniak, one of our valued physician assistants in dermatology, answers some important questions on skin health.

What can make your skin more sensitive to UV rays?

Antibiotics like doxycycline or ciprofloxacin can make your skin more likely to burn. These meds can react to sunlight and trick your skin into thinking it's getting more sun than it really is. This *photosensitivity* can lead to faster, more painful sunburns even after a short time outside. If you're taking medication, check with your doctor or pharmacist about possible reactions.

Also, citrus fruits and some essential oils made from lemon, lime or bergamot can sit on your skin and react with sunlight, causing red patches, blisters or rashes. If you use citrus-scented products—or squeeze limes or lemons outside—be sure to wash your hands to avoid a reaction.

Can aloe vera help heal sunburned skin, or is it only used for temporary relief?

Aloe vera offers more than temporary cooling relief from sunburns. Research shows it's an anti-inflammatory and promotes collagen production, which can heal skin. This helps reduce pain, redness, swelling and potential peeling related to sunburns. While aloe vera can help with healing, it shouldn't replace proper sun protection like sunscreen and shade.

Veronika Heteniak, PA-C
Board Certified: Dermatology

Veronika is a board-certified physician assistant at Lakeside Community Healthcare in North Hollywood and West Hills. Her expertise in skin care, attention to detail, and ability to listen and connect with patients make her a top choice in dermatology.
To learn more about Veronika, click here.

BBQ season is here!

Fire up the grill! If you're craving that sweet and smoky flavor without the added sugar, we've found the perfect dish. This Grilled "Honey" BBQ Chicken is made with a delicious homemade sauce using Splenda® syrup for a guilt-free twist on a summer favorite. Ready to impress your taste buds and your health goals?

Get the full recipe here!

Recipes are from external links and will open in your default web browser.
Source: https://www.splenda.com/recipe/grilled-honey-bbq-chicken/