Regal Medical Group | Lakeside Community Healthcare™ | ADOC Medical Group

FIND YOUR Healthy Way MONTHLY NEWSLETTER

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

Ask the Dermatologist

Protect your skin and prevent skin cancer.

As we enjoy the warmer weather and longer days of summer, it's important to remember that the sun's UV (ultraviolet) rays can cause damage to our skin. That's why July is UV Safety Month, a time to raise awareness about the importance of protecting our skin from the sun's harmful rays. The best ways to protect yourself are: limit your sun exposure and seek shade, wear protective clothing, and use a broad-spectrum sunscreen with at least SPF of 30. It is also important to regularly check your skin for any new or changing moles or spots, and see a dermatologist if anything is unusual.

How often should I apply sunscreen, and how much should I use?

You should apply about 1 ounce of sunscreen at least 15 minutes before going outside and reapply every two hours or more frequently if you are sweating or swimming.

Is It safe to use sunscreen on babies and young children?

Yes, it is safe to use sunscreen on babies and young children, but you should be careful to use a formula specifically designed for their delicate skin. Look for a sunscreen with an SPF of at least 30, and reapply every two hours. Always consult with your pediatrician before applying sunscreen.

From the desk of
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Could Outpatient Case Management be right for you?

Are you dealing with a chronic health condition or just diagnosed with one?
Our Outpatient Case Management (OCM) Program is here for you and free to join.

With the OCM Program, you'll get:

- Quick help for any health needs.
- Special attention from a team and a dedicated nurse.
- Knowledge about healthcare services that are just right for you.
- Help with understanding how to use your healthcare system.
- A deeper understanding and use of your health plan benefits.
- Connections to clinical services, local programs, and resources.

Think you could benefit from personalized assistance to help you manage a chronic condition? Call (888) 787-1712 to ask about the OCM program and sign up! Your health matters to us and you are not alone. We're here to support you on your journey to a better quality of life.

HAPPY 4TH OF JULY

INDEPENDENCE DAY

Summer is here and there's no better way to celebrate the Fourth of July than with our family and friends. It's also a chance to reflect upon our country's robust history and how we gained our independence by joining together to fight for our freedom. This Independence Day, let's remember what made our nation great – the hard work and perseverance of our citizens, and our will to embrace diversity no matter what challenges are before us.

This Independence Day, may you and your loved ones enjoy a happy, healthy and safe celebration!

It's summer. What could go wrong?

In the event of an accident, will you be ready? Let's make sure by having the basics at hand. We all know that unexpected accidents can happen at any time, and especially in the summertime when there's a lot going on. When they do, will you be prepared? The CDC recommends that you have a basic first-aid kit handy that can help make a difference as you wait for a medical team to arrive, or until you receive proper medical care.

Visit the CDC page to find a complete list of first-aid items to have in your home: blogs.cdc.gov/publichealthmatters/2013/12/do-1-thing-first-aid

What all the fuzz is about

If you're searching for a tasty and healthy way to stay hydrated this summer, consider trying this sensational summer smoothie! This refreshing beverage is packed with nutrients and antioxidants, making it a perfect option for those hot summer days. Whether you're lounging by the pool or simply looking for a cool and refreshing drink, this peach berry smoothie is a must-try!

Get the full recipe here: DiabetesFoodHub.org/recipes/summer-fruit-smoothie

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