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How to Stay Ahead of Skin Cancer

It's ironic that many people tend to consider a suntan a "healthy glow." Unfortunately, the more time you spend in the sun, the greater your risk of developing skin cancer. In fact, the Skin Cancer Foundation recommends that infants, children and adults take measures to shield their skin from the sun's harmful UV rays all year long by:

- Avoiding direct sunlight between 10am and 4pm (seek shade)
- Wearing sunscreen with an SPF of at least 15-30 every day (apply liberally)
- Applying sunscreen 30 minutes before going outdoors (reapply every 2 hours)
- Wearing UV-blocking sunglasses and a broad-brimmed hat (this will also reduce the risk of cataracts, corneal sunburn and more)
- Avoiding tanning beds and sunburns (75% increase of developing life-threatening melanoma from just one indoor tanning session before age 35)
- Covering up with clothing (UPF 50+ fabrics are especially protective)
- Being mindful of sun exposure through car, train, bus and airplane windows (wear sunscreen and protective clothing)

Examine your entire body, face and scalp monthly to look for any new or unusual growths, spots, sores, etc. If you notice anything out of the ordinary, contact us at (415) 923-3560 right away to schedule an appointment. Early detection and treatment can save lives.

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Health Benefits of Omega-3 Fatty Acids

Omega-3 fatty acids are essential for your overall health. Unfortunately, unlike other types of fats, your body cannot produce these naturally so it is recommended that you consume certain foods that are high in Omega-3: fish, vegetable oils, nuts (especially walnuts), flaxseeds/oil and leafy vegetables. Research has shown that these foods may help:

- Prevent heart disease, heart attack and stroke
- Regulate blood clotting
- Reduce inflammation
- Control heart beat
- Lower blood pressure
- Improve blood vessel function
- Control lupus, eczema and rheumatoid arthritis
- Help the development of a fetus' brain and nervous system (in pregnant women)*

Aim to Eat Fish 2-3 Times a Week

Anchovies are packed with high levels of Omega-3 fatty acids (1,200mg in a 2 oz. serving), but if that doesn't sound appetizing, other types of fish are also very beneficial: salmon (4,504mg in a 6 oz. serving of farmed salmon), swordfish, halibut, mussels, oysters, trout and tuna. Even frozen fish sticks have 193mg of Omega-3 in a 3.2 oz. serving.

**Some fish contain high levels of mercury which can be harmful for developing babies. Pregnant women should avoid swordfish, shark, king mackerel and tilefish, but other fish types are encouraged 2-3 times a week.*

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Understanding Your Blood Pressure Numbers

Many people don't fully understand the blood pressure readings they receive from their doctor during office visits. Here is a quick overview of what these numbers mean. In the image above, the reading is 117/78 mm Hg which signifies that the patient is in a normal range.

First/Top Number (systolic mm Hg blood pressure): the amount of pressure your blood is exerting against your artery walls when the **heart contracts**. As you age, the risk of this number increasing rises due to artery stiffening and plaque build-up.

- A normal range for this number is less than 120.
- A number over 130 will signify hypertension stage 1; over 140 is hypertension stage 2.
- A number over 180 is a hypertensive crisis and a medical emergency.

Second/Lower Number (diastolic mm Hg blood pressure): the amount of pressure your blood is exerting against your artery walls while the heart muscle is **resting between contractions**.

- A normal range for this number is less than 80.
- A number over 80 will signify hypertension stage 1; over 90 is hypertension stage 2.
- A number over 120 is a hypertensive crisis and a medical emergency.

The higher the numbers, the greater the risk of cardiovascular disease, heart attack or stroke. If you haven't had your blood pressure checked in a while, please contact our office at (415) 923-3560 to schedule an appointment.

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Boost Your Metabolism with Exercise

Muscle cells burn a lot of calories – even after you've stopped exercising. If you want to boost your metabolism and keep your body weight in check, working out with weights and cardio is the answer. You don't have to be in the gym every day for hours to reap the benefits, but you do need to be consistent.

Aim to lift weights or use resistance bands 2 days a week: work each major muscle group by doing 1-2 sets of 12-15 repetitions with a manageable weight. It's advisable to hire a personal trainer to learn the proper ways to do these movements to avoid injury.

For cardio, the more intense you exercise, the more calories you will burn. Activities like running, pickleball, swimming, Zumba dance and walking can be done in high and low intensity intervals for even better results. Aim for 150 minutes per week of moderate intensity activities or 75 minutes of vigorous activities.

Don't start an exercise program without consulting your doctor first. You want to make sure that you are choosing activities that will be safe for your overall health. Contact our office at (415) 923-3560 to schedule an appointment.

Contact Us

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