

Ease Travel Headache Pain



As the summer travel season heats up, many people will book air fares or pack up their vehicles and travel across the country visiting relatives and the nation's top tourist destinations. However, preparing for vacations and traveling can also produce an added amount of stress and tension – two key triggers in the onset of headaches. More

than 45 million Americans experience chronic and recurring headaches. Based on a survey conducted by the National Headache Foundation (NHF), 66 percent of respondents said they experience headaches more frequently when traveling. **The NHF offers travelers the following tips for when they're vacationing this summer:**

- ◆ Don't disrupt your normal sleeping and waking patterns. Late-night visits and early morning tours can lead to headaches by tempting you to stay up past your bedtime and wake up earlier than usual. Try to go to sleep and awaken at the same time you usually do.
- ◆ Fluctuations in altitude or barometric pressure can elicit a headache. Talk to your healthcare provider about possible adjustments to your medications for high altitudes, time zone changes, and/or different climates.
- ◆ Carry emergency contact information while traveling. Write down and pack basic emergency contact information along with information about your condition and medications.
- ◆ Take extra steps to accommodate your headache when traveling. Carry extra medication, take your own sleeping pillow(s), make plans flexible, get plenty of rest, and try to minimize changes to your daily routine.

Source: National Headache Foundation. For more information on headache causes and treatments, visit www.headaches.org or call 1-888-NHF-5552.

Turn Down the Volume...

Portable music devices are a popular way for people of all ages to enjoy music. However, it's important to protect your hearing. **Remember these tips:** • Avoid setting the volume higher than about half of the maximum volume. • Turn it down if you can't hear the conversations going on around you. • Consider upgrading your earbuds, which sit inside the ear, to sound isolating earphones that go around the ear. • Limit the time you listen to a player.



Protect Your Skin in the Sun

According to the American Cancer Society (ACS), *nonmelanoma* skin cancers – usually basal cell and squamous cell cancers – are the most common cancers of the skin. They're called nonmelanoma because they include all skin cancers except malignant melanoma.

Most basal cell and squamous cell skin cancers are caused by UV radiation produced by the sun, but other risk factors are also linked to these skin cancers. Some risk factors, such as smoking, can be controlled. Others, like a person's age or family history, can't be changed. But having a risk factor doesn't mean that a person will get the disease.

Here are a few of the risk factors: • Too much exposure to UV (ultraviolet) radiation • Having fair skin • Being male • Exposure to large amounts of arsenic (a heavy metal used in making some insecticides) • People who have had radiation treatment • Certain long-term or severe skin problems • Having a weakened immune system • Smoking • Anyone who has had a skin cancer before.



According to the ACS, the best way to lower your risk of nonmelanoma skin cancer is to avoid being outdoors in intense sunlight too long and to practice sun safety precautions when you're outdoors. **Here are helpful tips:**

- ★ Cover up. Wear a shirt with long sleeves and a hat with a wide brim.
- ★ Seek shade. Look for shade, especially in the middle of the day when the sun's rays are strongest.
- ★ Use sunscreen. Use sunscreen and lip balm with an SPF of 15 or higher. Be sure to use enough (a palmful) and put it on again every two hours or after swimming or sweating. Use sunscreen even on hazy or overcast days.
- ★ Wear sunglasses. Wrap-around sunglasses that absorb at least 99 percent of the UV rays help protect your eyes and the skin around your eyes.
- ★ Don't use tanning beds and sun lamps. These give off UV light and can increase your risk of skin cancer.
- ★ Remember to protect children. Use the methods above to protect children from too much sun, and teach them to protect their skin as they get older.

Source: American Cancer Society. For more information on how to recognize skin cancer, visit www.cancer.org.