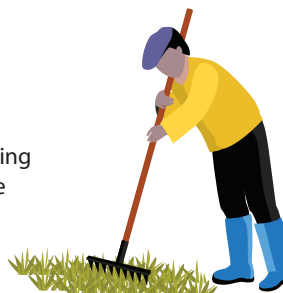


Go Green with Your Workout Routine

The environment is probably the last thing on your mind while hitting the treadmill. But you can make a difference—even with your workout. Making small changes to your exercise routine can help you get a better workout while going green at the same time. It's a win-win.

Get Outside

Take your workout outdoors—and help keep it clean at the same time. Volunteer for park or beach cleanups in your area. You'll get your body moving in ways that may be different from your typical workout routine, spend time outdoors, and help the environment.



Walk More

Instead of driving to the gym, try walking, running, or riding your bike. You'll increase your activity time while decreasing your impact on the planet. If you need to drive, use these tips to make the trip a little greener:

- Carpool with friends.
- Complete other errands near your gym instead of taking multiple trips.
- Take public transportation.

Use the Right Gear

Having the right gear can help keep your body safe while exercising. That means replacing running shoes, yoga mats, and more when they wear out. Getting rid of old gym shoes can be good for the earth, too. Instead of tossing old workout gear, find programs that resell, donate, or recycle it.



Stay Hydrated

Drinking enough water is an important part of any workout. But to stay hydrated and reduce waste at the same time, ditch the plastic water bottle. Get into the habit of carrying a reusable water bottle with you.



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JOIN A LOCAL CLEANUP IN BERMUDA!

Interested in staying fit while tidying up the island? Join Keep Bermuda Beautiful in its monthly neighborhood cleanups. Check out www.kbb.bm/cleanups.html or call 1-441-295-5142.

Take Control of Your Allergies

If you sneeze so much that you're considering buying stock in Kleenex, you may have seasonal allergies. Also known as hay fever or allergic rhinitis, it occurs when your immune system overreacts and releases a chemical called histamine. This triggers your allergy symptoms.

The substances that set off your allergies are called allergens. Some examples include: pollen, dust, grass, smoke, cockroaches, pet hair, and fragrances.

How Can You Avoid Allergens?

Having allergies doesn't mean you have to suffer. Here are some ways to avoid allergens that make your symptoms flare.

- Stay inside when mold and pollen counts are high.
- Keep your windows closed in your car and home. Use air-conditioning instead.
- Regularly wash your bedding in hot water to get rid of dust mites.
- Remove wall-to-wall carpeting and use throw rugs you can wash instead.

- Don't leave food or dirty dishes out, which can attract cockroaches.
- Fix household leaks to prevent mold.

Which Treatments Can Help?

If you can't completely avoid the allergens you're sensitive to, medication and other treatments may ease your symptoms. Talk with your doctor about what might work best for you.



i GET HANDY TIPS ON STAYING SNEEZE-FREE

How else can you avoid bothersome allergy symptoms? Try the useful suggestions at www.openairways.com/Rhinitis%20Flyer%202014.pdf.

More Lung Cancer Patients are Surviving

Lung cancer is among the top six cancers detected in both men and women in Bermuda. While it's important to take steps to prevent lung cancer—such as quitting smoking and avoiding secondhand smoke—you also need a plan if you're diagnosed. A recent study found that the number of patients who receive treatment and survive early-stage lung cancer has increased in recent years.

Why? More people sought and received treatment. The increase in survival is probably also tied to the fact that better treatment options are more easily available today. For example, **surgical procedures** are less invasive than they used to be. **Radiation therapy** has improved as well. Doctors frequently use stereotactic body radiation therapy now, a procedure that allows them to locate and treat tumors more

precisely while avoiding surrounding healthy tissue. **Targeted therapy**, in which drugs block the growth and progress of cancer cells, and **chemotherapy** are other options.



Guys, Check Out These 4 Prostate Health Tips

Men, let's be frank: Your prostate is easy to take for granted. But if this gland gets inflamed, enlarged, or diseased, it can become a big concern. Here's how to show your prostate the healthy respect it deserves.

1 Do Kegel exercises. Your pelvic muscles help control the flow of urine, which is often affected by prostate problems. To keep these muscles strong, practice tightening them, which feels similar to stopping yourself while urinating. Hold for three to five seconds, then release and rest for three to five seconds. Repeat 10 to 20 times, three times daily.

2 Get enough selenium. Studies suggest that men who don't consume enough of this mineral may have an increased chance of developing prostate cancer, the most common cancer among men in Bermuda. Nutritious sources include seafood, poultry, meat, eggs, dairy products, and grains.

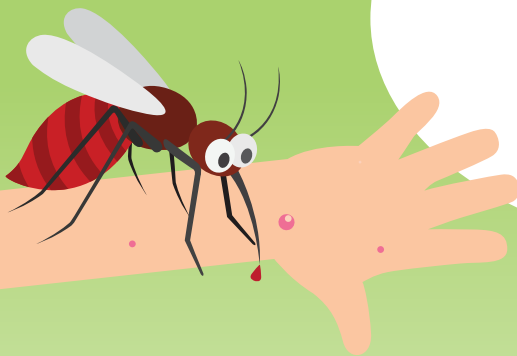
3 Limit fluids at bedtime. This may help if you're waking up often to urinate—a common issue for men with prostate problems.

4 Watch for red flags. Symptoms of prostate problems include:

- Frequent urination during the day or night
- Trouble starting urination
- Weak urine stream
- Urine leaking or dribbling
- Pain in the genital area
- Painful urination or ejaculation

If you develop one or more of these symptoms, see your doctor.

5 Ways to Prevent Mosquito Bites



Like melting ice cream cones and sandy toes, mosquito bites seem like a natural part of summertime. But mosquito bites can be more than a temporary annoyance—they may make you sick. Mosquitoes can pass on diseases, including Zika, dengue, and chikungunya. The best prevention is to protect yourself against bites in the first place. Here's how:

COVER UP

Wear long-sleeved shirts and long pants.



APPLY PROTECTION

Use insect repellent that's EPA-registered. This means it's proven safe and effective for preventing mosquito bites. Look for insect repellent with one of these ingredients:

- DEET
- Picaridin
- Oil of lemon eucalyptus or para-menthane-diol
- IR3535
- 2-undecanone



REMOVE STANDING WATER

Empty any items outside that hold water. Mosquitoes lay their eggs near water. Check buckets, toys, containers, or planters once a week.



SCREEN THEM OUT

Make sure all windows and doors have screens.



SPRAY INSIDE, TOO

Use an indoor insect spray to kill mosquitoes that may live under the sink, beneath furniture, inside closets, and in the laundry room.

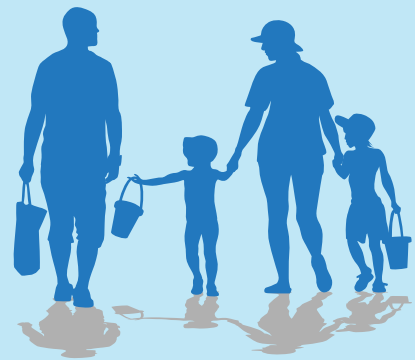
Skin Cancer Prevention Through the Years



Recently, new skin cancer prevention recommendations were released. The update mentions that doctors should educate parents of fair-skinned children about ways to prevent skin cancer—starting when the child is 6 months old.

When kids are exposed to UV radiation, they have an increased risk of developing skin cancer in adulthood. Here are some tips to keep in mind:

- Use sunscreen that blocks UVA and UVB rays and has an SPF of 15 or higher; apply 30 minutes before going outside and reapply every two hours or after swimming or sweating.
- Avoid tanning beds.
- Stay out of direct sunlight and seek shade during the peak hours of 10 a.m. to 4 p.m.
- Keep babies younger than 6 months old out of the sun; use sunscreen on babies ages 6 months and older.
- Wear a broad-brimmed hat, UV-blocking sunglasses, and sun-protective clothing when outside.



WHAT DOES SKIN CANCER LOOK LIKE?

Checking your skin once a month for any changes may help you prevent and detect skin cancer. See the differences between normal moles and melanoma at www.cancer.bm/cancer-information/skin-cancer-prevention-early-detection.

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