

5 Fruits to Fight Inflammation This Summer

AS THE WEATHER HEATS UP, GIVE YOUR BODY A SWEET COOLDOWN. It's the season to send a fruity punch to the source of your body's inflammation, as some delicious summer treats are excellent resources for healing.

Inflammation is your immune system's response to what it considers potentially harmful, such as bacteria, viruses, wounds, or chemicals. What can cause inflammation? Conditions such as cystitis (bladder inflammation), dermatitis (skin inflammation), or arthritis (joint inflammation). Symptoms such as swelling or pain could indicate that you have inflammation.

So while you're grocery shopping, consider the following fruits that may help you fight inflammation naturally. Most are packed with anthocyanin, a flavonoid that colours these juicy foods. Anthocyanin also has anti-inflammatory properties so strong that the effects may be comparable to nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen.

- **TART CHERRIES:** Tart cherries have been proven to help relieve joint pain and gout symptoms.
- **STRAWBERRIES:** Eating 16 or more strawberries per week may lower your body's C-reactive protein, which is linked to inflammation that accompanies arthritis and heart disease.
- **RED RASPBERRIES:** Raspberries have been shown to reduce inflammation throughout the entire body.
- **DRIED PLUMS:** The unique potency of dried plums has been shown to prevent bone loss and restore bone, likely because of their antioxidant and anti-inflammatory properties.
- **WATERMELON:** Not only is watermelon rich in antioxidants that protect against certain cancers, but it may also improve risk factors for heart disease by lowering inflammation. Watermelon is also high in beta-cryptoxanthin, which can reduce the risk for rheumatoid arthritis.



tart cherries



strawberries



red raspberries



dried plums



watermelon

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WHAT'S ON YOUR PLATE? About 82% of adults in Bermuda eat fewer than five servings of fruit and/or vegetables per day. Does this sound like you? If you need healthy reasons to add fruits and veggies to your diet, visit <https://www.gov.bm/sites/default/files/Fruits-and-vegetables.pdf>.



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5 Ways to Make Your Work Space Healthier

Bermudians spend plenty of time working, so it's important to create a space that supports your physical and mental well-being. Try these tips for a healthier, happier you:

1. Decorate with a plant or two. Not only can plants liven up a space, but they may also increase workplace satisfaction, concentration, and air quality.

2. Block the noise. A loud environment can be stressful and increase the number of errors you make. Try wearing headphones or running a white-noise machine.

3. Clean your keyboard regularly. A quarter of keyboards harbor what's considered a high level of bacteria. Use a little bit of rubbing alcohol on a cotton swab.

4. Create a colour palette that speaks to you. Surround yourself with items in a pleasing hue or simply change your desktop background colour. Blue is good for concentration, while green helps you feel in balance.

5. Work from home on occasion. Working from home can boost productivity and job satisfaction. Spending a day out of the office may do wonders for your work-related happiness.



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8 Ways to Take Care of Your Skin

Not giving your skin the TLC it deserves can lead to rashes, dryness, breakouts, wrinkles, skin cancer, and more. Here are eight ways to give back to your epidermis:

- 1. Perform monthly skin checks.** Every month, inspect your skin from head to toe and look for any new or changing spots that could be signs of skin cancer. If you notice anything different, see your doctor to get it checked out.
- 2. Keep your hands off.** Frequently touching, picking, rubbing, or pinching blemishes can cause scars and dark marks on your skin.
- 3. Wear sunscreen every day.** Ultraviolet rays can damage your skin year-round, even on cloudy days.
- 4. Moisturize.** After a shower or bath, gently pat your skin dry with a towel and then apply moisturizer. This helps seal in water that your skin absorbed during your bath.
- 5. Treat wounds properly.** Caring for cuts and scrapes properly can help them heal and prevent infections.
- 6. Never use tanning beds.** Indoor tanning can cause skin cancer, wrinkles, and age spots.
- 7. Take short, lukewarm baths or showers.** Keep your baths and showers to less than 10 minutes and use warm, not hot, water.
- 8. Visit your dermatologist.** If you have any concerns about your skin, make an appointment with your dermatologist.

How to Choose the Best Sunscreen

IF YOU'VE SHOPPED FOR SUNSCREEN, YOU'VE SEEN THE DIZZYING ARRAY OF CHOICES. The burning question is: Which product is right for you?

First check for a sun protection factor (SPF) number of at least 30 on the front label. Then make sure the sunscreen is labeled as having broad-spectrum protection, which means it shields skin from both ultraviolet A (UVA) and ultraviolet B (UVB) rays.

Sunscreen comes in many forms, so here's a guide as to which kind to choose:

- Dry skin: a creamy formula
- Sensitive skin: hypoallergenic brand
- Areas with hair (such as a man's arms or legs): a gel formula
- Ears, nose, and under the eyes: sunscreen stick

Spray-on sunscreens or sunscreen wipes can quickly cover fidgety children.

Use enough sunscreen to fill your palm—that should adequately cover exposed skin areas. Be sure to reapply it at least every two hours and after swimming or sweating.



WHAT DOES SKIN CANCER LOOK LIKE? See the differences between normal moles and possible skin cancer at www.cancer.bm/cancer-information/skin-cancer-prevention--early-detection.

Family Support for Autism Spectrum Disorder

A DIAGNOSIS OF AUTISM SPECTRUM DISORDER (ASD) IS DIFFICULT FOR BOTH YOUR CHILD AND YOU. Having a good support system in place will help your family cope with the unique aspects of ASD.

Although children need help navigating this confusing and frustrating condition, you too will benefit from outside assistance. Others can help you learn how to manage your feelings and emotions. The following resources may be helpful:

BASE

Bermuda Autism Support and Education (www.bermudaautism.com) provides community education, advocacy, referrals for autism services, a monthly parent support group, and more.

ASPEN

The Asperger Autism Spectrum Education Network (www.aspennj.org) offers help to families and has a list of other online support groups.

Autism Speaks

This organization's site (www.autismspeaks.org) includes a guide on what to do following an autism diagnosis and more.

GRASP

The Global and Regional Asperger Syndrome Partnership (www.grasp.org) helps adults and teens on the autism spectrum through community outreach, online support, education, and advocacy.

Wrong Planet

This internet community (www.wrongplanet.net) offers support for Asperger syndrome and other neurological conditions. Resources include a discussion forum and blogs on parenting, therapies, and school.

PUT THE WIND IN CHILDREN'S SAILS. Kids with ASD now have a chance to get on the water and learn how to handle a sailboat, thanks to the No Limits sailing program. This fun, recreational therapy is sponsored by BF&M, in association with the America's Cup Endeavour Program and BASE. To learn more, contact Tom Herbert-Evans at 1-441-595-0275 or tom.herbert-evans@americascup.com.

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Who Is At Risk for Testicular Cancer?

A MAN'S AGE DOESN'T NECESSARILY PUT HIM AT RISK FOR TESTICULAR CANCER. In fact, half of all cases of testicular cancer occur in men ages 20 to 34. Other risk factors may be at play, too:

- Undescended testicle
- Personal or family history of testicular cancer
- HIV infection
- Tall height

Signs to Look Out For

Symptoms that point to testicular cancer include pain or discomfort in the testicle or scrotum, a scrotum that feels heavy or swollen, a painless lump in the testicle, or a dull ache in the groin or lower abdomen.

Protect Yourself with Monthly Self-Exams

To catch testicular cancer early, check your testicles monthly during or after a bath or shower, when the skin is relaxed.

To perform a self-exam:

- Hold your penis out of the way and check one testicle at a time.
- Hold the testicle between your thumbs and fingers of both hands and roll it gently.
- Look and feel for any hard lumps; smooth rounded bumps; or any change in the size, shape, or consistency of the testicles.

If you discover something unusual, see your doctor as soon as possible.



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