



Warren County Health District

News and Information

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Health Commissioner
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Sun Protection

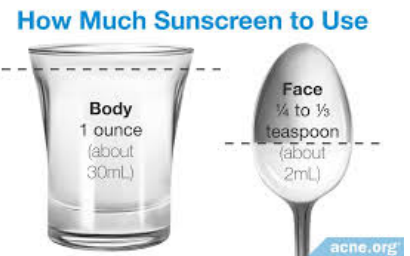
With summer right around the corner, it means it's time to talk about sun protection. The two most common forms of protection against the sun's rays are Sunscreen and the clothes that we wear.

The FDA recommends for people to use a broad spectrum sunscreen with a minimum of SPF 15. If you are more fair skinned, the FDA recommends you using SPF 30-50

When using sunscreen, apply it 15 minutes before going outside, and re-apply every two hours at minimum, especially if you are sweating a lot, or are in and out of the water.

The more skin that you are able to cover, the more protection you will have from the sun. If you wear a hat, the wider the brim is (3 inches plus) the better protection you will have

When you apply sunscreen, it is important to use the correct amount! The correct amount of sunscreen to apply is approximately one ounce, or two tablespoons to your body and 1/2 a teaspoon to your face. If you are using spray sunscreen, apply it until there is an even sheen on your skin



If you have any questions about sun protection, or want to learn more about it, visit these websites:

1. <https://www.skincancer.org/skin-cancer-prevention/sun-protection/>

2. <https://www.fda.gov/drugs/understanding-over-counter-medicines/sunscreen-how-help-protect-your-skin-sun>



The Importance of Farmer's Markets



With the warmer months, comes Farmer's Markets! There are a variety of benefits to buying produce, ranging from improving your overall health, as well as improving the local environment and economy.

At farmers markets, there can be a wide variety of local produce, including fruits and vegetables. Having a diet rich with fruits and vegetables can help lower your blood pressure, reduce the risk of heart disease and stroke, prevent some cancers, as well as lowering the risk of certain eye and digestive issues. Eating non-starchy vegetables, such as carrots, cucumbers, and peppers and fruits also has all of these benefits, and adds the additional benefit of possibly promoting weight loss. Some of the Farmer's Markets in Warren County are located in Lebanon, Carlisle, Deerfield Township, Middletown, Franklin, and Springboro.



Mosquito Season

Mosquito season is here! In Ohio, mosquitos and illnesses caused by them are most common in the months of May through October. Diseases caused by mosquitos in Ohio can include Eastern equine encephalitis virus,

La Crosse virus, St. Louis encephalitis virus, and West Nile virus.

The best way to avoid getting these illnesses is to avoid getting bitten by mosquitos. When going outdoors, some tips are to wear insect repellent, avoid going outside during peak hours (dusk to dawn) if possible. If there are any areas of standing water, such as a bird bath, pet watering bowl, children's wading pools, be sure to make sure that they are drained. Be sure to discard of unused tires properly, and if you have a tire swing, drill holes in it so the water can drain.

If you have any questions or concerns, check out

<https://odh.ohio.gov/know-our-programs/zoonotic-disease-program/resources/mosquito-borne-diseases> for more information.



The Warren
County Health
District will be
closed **Monday,**
June 20th in
observance of
Juneteenth

Men's Health Awareness Month

Prostate Cancer: About 1 in 8 men will be diagnosed with prostate cancer in their lifetime. It is estimated that this year in the United States, there will be 268,490 new cases of prostate cancer and an estimated 34,500 deaths associated with prostate cancer. Prostate cancer is more likely to develop in older men around 66 years of age.

Screening Guidelines vary based on age. The American Cancer Society recommends that if someone is considered high risk, meaning that their first degree relative, such as their father or brother, was diagnosed with prostate cancer at an early age, or if they are black or African American, they should begin annual or biannual screenings between depending on the lab results at ages 40-45. If someone is of average risk, they can begin screenings at 50. If you have any questions, talk to your doctor.

Testicular Cancer: Testicular cancer is much more uncommon than Prostate Cancer and is frequently diagnosed in men aged 20-34. This year, it is estimated that there will be 9,910 new cases of this type of cancer in the United States. This type of cancer, in particular is four times more likely to affect white males than black or African American males.

For more in depth information on how to perform a self-exam, please follow the guide made by the American Cancer Society, at

<https://www.cancer.org/cancer/testicular-cancer/detection-diagnosis-staging/detection.html>

