



TRAVELING WITH CHILDREN TIPS

SOURCE: AMERICAN ACADEMY OF PEDIATRICS

TRAVELING BY AIRPLANE

- Allow your family extra time to get through security - especially when traveling with younger children.
- Have children wear shoes and outer layers of clothing that are easy to take off for security screening. Children younger than 12 years are no longer required to remove their shoes for routine screening.
- Strollers can be brought through airport security and gate-checked to make travel with small children easier.
- Talk to your children about the security screening process before coming to the airport. Let them know that bags (backpack, dolls, etc.) must be put in the X-ray machine and will come out the other end and be returned to them.
- Discuss the fact that it's against the law to make threats such as; "I have a bomb in my bag." Threats made jokingly (even by a child) can delay the entire family and could result in fines.
- Arrange to have a car safety seat at your destination or bring your own along. Airlines will typically allow families to bring a child's car safety seat as an extra luggage item with no additional luggage expense. Check the airline's Web site ahead of time so you know their policy before you arrive at the airport.
- Although the FAA allows children under age 2 to be held on an adult's lap, the AAP recommends that families explore options to ensure that each child has her own seat. If it is not feasible to purchase a ticket for a small child, try to select a flight that is likely to have empty seats where your child could ride buckled in her car safety seat.

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TRUTH IN FOOD LABELS... WHEN NUTRITION LABELS LIE

SOURCE: WWW.MENSHEALTH.COM/NUTRITION/WHEN-LABELS-LIE

Food and beverage makers often employ buzzwords to cash in on nutrition trends, but don't be fooled. They often don't deliver on what the package is pitching. Shop smarter with our decoder.

Call it the nutritional equivalent of beer goggles. Packages on the supermarket shelf look great: "Omega-3." "Excellent source of fiber." "As much protein as an egg." But take a closer look to discover the sobering reality: "Food companies design packages in order to sell products," says Marion Nestle, Ph.D., a professor of nutrition, food studies, and public health at New York University "They know that if the label says 'gluten-free,' 'fat-free,' or 'vitamins added,' consumers will believe the product to be healthier-even though that might not be the case." Your best defense for a better diet? Learn how to see through the hype.

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TRAVELING WITH CHILDREN TIPS CONT.

SOURCE: AMERICAN ACADEMY OF PEDIATRICS

- When traveling on an airplane, a child is best protected when properly restrained in a car safety seat appropriate for the age, weight and height of the child until the child weighs more than 40 lbs. and can use the aircraft seat belt. The car safety seat should have a label noting that it is Federal Aviation Administration (FAA) approved. Belt-positioning booster seats cannot be used on airplanes, but they can be checked as luggage (usually without baggage fees) for use in rental cars and taxis.
- Pack a bag of toys and snacks to keep your child occupied during the flight.
- In order to decrease ear pain during descent, encourage your infant to nurse or suck on a bottle. Older children can try chewing gum or drinking liquids with a straw.
- Wash hands frequently, and consider bringing hand-washing gel to prevent illnesses during travel.
- Consult your pediatrician before flying with a newborn or infant who has chronic heart or lung problems or with upper or lower respiratory symptoms.
- Consult your pediatrician if flying within 2 weeks of an episode of an ear infection or ear surgery.
- Rental car companies can arrange for a car safety seat if you are unable to bring yours along. However, they may have a limited selection of seats. Check that the seat they provide is appropriate for the size and age of your child, that it appears to be in good condition, and that the instruction manual is provided before accepting it.
- A child who has outgrown her car safety seat with a harness (she has reached the top weight or height allowed for her seat, her shoulders are above the top harness slots, or her ears have reached the top of the seat) should ride in a belt-positioning booster seat until the vehicle's seat belt fits properly (usually when the child reaches about 4' 9" in height and is between 8 to 12 years of age).
- All children under 13 years of age should ride in the rear seat of vehicles.
- Never place a rear-facing car safety seat in the front seat of a vehicle that has an airbag.
- Set a good example by always wearing a seat belt, even in a taxi.
- Children often become restless or irritable when on a long road trip. Keep them occupied by pointing out interesting sights along the way and by bringing soft, lightweight toys and favorite music for a sing-along.
- Plan to stop driving and give yourself and your child a break about every two hours.
- Never leave your child alone in a car, even for a minute. Temperatures inside the car can reach deadly levels in minutes, and the child can die of heat stroke.
- In addition to a travelers' health kit (<http://www.cdc.gov/travel/other/travelers-health-kit.htm>), parents should carry safe water and snacks, child-safe hand wipes, diaper rash ointment, and a water- and insect-proof ground sheet for safe play outside.

TRAVELING BY CAR

- Road travel can be extremely hazardous in developing countries.
- Make sure each passenger is buckled and that children use the appropriate car safety seat.
- Let your driver know you are not in a hurry, ask that there be no cell phone use, and emphasize that you will reward safe driving.
- Always use a car safety seat for infants and young children.
- All infants and toddlers should ride in a rear-facing car safety seat until 2 years of age or until they reach the highest weight or height allowed by the car safety seat manufacturer. Once your child has outgrown the rear-facing height or weight limit, she should ride in a forward-facing car safety seat.



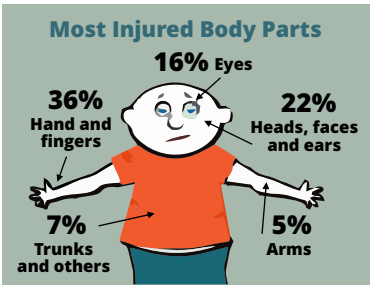
JULY IS NATIONAL FIREWORKS SAFETY MONTH

SOURCE: CONSUMER PRODUCTS SAFETY COMMISSION

Fireworks are synonymous with our celebration of Independence Day. Yet, the thrill of fireworks can also bring pain. 240 people on average go the emergency room every day with fireworks-related injuries in the month around the July 4th holiday.

Remember, fireworks can be dangerous, causing serious burn and eye injuries. You can help us prevent fireworks-related injuries and deaths. How? By working with a national, state or local organization where you live to promote fireworks safety in your community. Follow these safety tips when using fireworks:

- Never allow young children to play with or ignite fireworks.
- Avoid buying fireworks that are packaged in brown paper because this is often a sign that the fireworks were made for professional displays and that they could pose a danger to consumers.
- Always have an adult supervise fireworks activities. Parents don't realize that young children suffer injuries from sparklers. Sparklers burn at temperatures of about 2,000 degrees - hot enough to melt some metals.
- Never place any part of your body directly over a fireworks device when lighting the fuse. Back up to a safe distance immediately after lighting fireworks.
- Never try to re-light or pick up fireworks that have not ignited fully.
- Never point or throw fireworks at another person.
- Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- Light fireworks one at a time, then move back quickly.
- Never carry fireworks in a pocket or shoot them off in metal or glass containers.
- After fireworks complete their burning, douse the spent device with plenty of water from a bucket or hose before discarding it to prevent a trash fire.
- Make sure fireworks are legal in your area before buying or using them.



HOW MUCH SUNSCREEN DO YOU REALLY NEED?

SOURCE: WWW.MENSHEALTH.COM/HEALTH/HOW-MUCH-SUNSCREEN-DO-YOU-NEED

Your sunscreen might have a dark secret: Unless you're slathering liberal amounts of the lotion on your face, arms, and neck this summer, you could be leaving your skin more exposed than you think.

Both the Centers for Disease Control and Britain's National Institute for Health and Clinical Excellence recommend using a sunscreen with an SPF of at least 15.

But unless you're spreading 2 milligrams of lotion onto every square centimeter of exposed skin, you're likely getting just a fraction of the sun protection listed on the label, according to a report from the Drug and Therapeutics Bulletin, a company that conducts independent evaluations of medical treatments.

In fact, most people apply between 25 percent and 75 percent of the proper amount of sunscreen, greatly reducing the lotion's protective factor, according to the American Academy of Dermatology.

So what should you do to protect yourself? Use the guide below to make sure you have maximum coverage.

And make sure to get an annual skin screening, too. You can find free screenings in your area through the American Academy of Dermatology. And if you're in the Philadelphia area, you can see our friends at Penn Dermatology, where a free screening is offered on May 30, 2015.

Take A Shot

When trying to determine how much lotion to use, follow this simple rule: "You should apply the equivalent of a full shot glass," says Elizabeth Hale, M.D., a dermatologist and clinical professor at NYU's Langone Medical Center. That's if you're going to the beach and your arms, legs, chest, back, and face will be exposed.

Squirt, Rub, Repeat

Hale says a lotion with an SPF of 15 could provide adequate protection from the sun if applied properly-that is, a shot glass-worth every two hours. But you'll need to reapply even more frequently if you're swimming or sweating, and most people don't reapply as often as they should. She recommends you use an SPF of at least 30 to ensure your skin stays protected even if you forget to reapply, and especially if you're an outdoor athlete.

WHEN NUTRITION LABELS LIE CONTINUED FROM FRONT PAGE

THE HYPE Great source of protein! | **THE TRUTH** It's not enough to keep you full.

"Protein" was once a word reserved for giant tubs of whey powder used by weightlifters, but now it's showing up on labels for drinks, snack bars, and cereals. So if a box of cereal claims that each serving has as much protein as an egg, it can help you muscle up, right? And a protein drink can silence your grumbling stomach until dinner? Some of those drinks have as little as 5 grams in a cup. One serving of some protein-boasting cereals provides a meager 10 grams of protein. "This is not high-protein food, although the marketing implies it is," says Men's Health nutrition advisor Alan Aragon, M.S. And if you're seeking a muscle-building benefit, check protein products carefully. "Not all proteins are the same," says Aragon. "For example, whey and egg have higher concentrations of leucine than plant sources of protein, and they're more potent in their ability to promote muscle growth."

TRY THIS: A better bet to reap protein's benefits: Aim for 20 to 40 grams of protein at mealtime to fight hunger, Aragon says. That's the amount in 3 to 4 ounces of cooked chicken breast.

THE HYPE Reduced fat! | **THE TRUTH** Increased junk!

The debunked belief that eating fat makes you fat is the zombie claim that just won't die. A 2012 Gallup poll revealed that 59 percent of overweight Americans believe a low-fat diet is healthier than a diet low in carbs. "The low-fat trend has persisted because it seems logical that fat makes you fat. But that assumption is just plain wrong," says Valerie Berkowitz, M.S., R.D., nutrition director of the Center for Balanced Health in New York City. Foods engineered to be low in fat usually harbor other ingredients that expand your belly. "Low-fat processed foods often are made with excess sugar or other carbs to enhance flavor; they can trigger your body to produce fat-storing insulin," says Berkowitz. And there's psychological trickery at work here too: People in a Cornell study ate about 50 percent more of a snack if it was labeled "low fat." That "health halo effect" may lead to the notion that it's okay to eat more than usual if the food is low fat, the researchers say.

TRY THIS: "Eat meals with an equal ratio of protein, carbs, and fat. If a meal is more heavily weighted with one nutrient, use the next meal or snack to bring back the balance," she says.

THE HYPE Tiny seeds, big benefits! | **THE TRUTH** Not really.

Those little flaxseeds and chia seeds are huge now in advertising. Makers of "flax plus" cereals and chia-studded snack bars devote plenty of label space to the products' omega-3 and fiber content. Indeed, these seeds pack plenty of omega-3s, but there's something you're not being told. "Food marketers rely on the fact that the average consumer isn't aware that different types of omega-3s exist," says Mike Roussell, Ph.D., a nutritionist in State College, Pennsylvania. Flaxseeds and chia seeds contain only a variety of omega-3s known as ALA fatty acid. Your body can convert ALA into the DHA and EPA types that can benefit cardiovascular and brain health, but the conversion process is not efficient.

TRY THIS: Fish-based omega-3 sources deliver more of the DHA and EPA your body needs most. Anchovies, wild salmon, and mackerel all offer the biggest omega-3 bang per portion. For fiber, go ahead and pump up your shake, oatmeal, or Greek yogurt with a tablespoon or two of whole chia seeds or ground flaxseed. (The fiber in whole flaxseeds isn't as digestible.)

THE HYPE Gluten-free! | **THE TRUTH** It's just trendy.

Three in 10 people in a 2013 NPD Group poll said that they were trying to cut back on or avoid gluten, a protein found in wheat and other grains. Dunkin' Donuts, Domino's Pizza, Miley Cyrus—they're all going gluten-free. Should you? "Gluten isn't inherently evil unless you have a specific gluten intolerance," says Christopher Mohr, Ph.D., R.D., a Louisville nutrition consultant. The American Gastroenterological Association reports that less than 1 percent of people in the United States have celiac disease, a permanent gluten intolerance. Still, some folks find going gluten-free helps with weight loss even if they don't have the disorder. "Skipping gluten could help because you're eliminating a lot of foods you may otherwise eat—many of them just empty carb calories," says Mohr. But if you simply swap out regular snack foods for gluten-free versions, there's no benefit.

TRY THIS: "Focus on the overall quality of the diet instead," Mohr says. "Get most of your carbs from vegetables, some fruit, and quality grains rather than worrying about gluten." Pick grain-based products with no more than 10 grams of added sugar per serving and a 5:1 ratio of carbs to fiber. That way you'll eat a filling dose of fiber with your carbs gluten-free or not, says Mohr.

SUNSCREEN CONTINUED FROM PAGE 3

Look Beyond UVB | "SPF only refers to the ability to block UVB rays," Hale says. "But we know now that UVA rays also contribute to premature aging of the skin as well as cancer." So look for a lotion with both. Hale says sunscreen that also includes "antioxidants" adds an additional layer of protection. Antioxidants target "free radicals," which can cause mutations to your DNA that lead to cancer, Hale explains.

Double Up | "I tell people to apply two coats of sunscreen," says Adnan Nasir, M.D., a clinical professor of dermatology at the University of North Carolina. "If you only apply once you may have thin spots, or spots you missed." Dr. Nasir says it's fine to apply the second coat immediately after the first.

Don't Forget Your Lips | "The lower lip is like a solar panel in that it faces the sun directly, and skin cancer of the lip is very serious," Nasir explains, adding that most sunscreen won't stick to your lips. Look for lip balm with at least an SPF of 15, and reapply every two hours.

Layer Up | Nasir also recommends wearing sun protective clothing if you're going to be out in the sun for several hours. "If you hold a regular t-shirt up to the sun, you can see the sun's rays through the clothing. That means the sun can see you, too," Nasir says. "Sun protective clothing has a tighter weave, denser fabric, and it also has a dye in the fabric that absorbs ultraviolet light."

