

UV Safety Awareness

Protecting our Eyes | Face | Body by: Lorena Garcia

Electrolytes

Give your water a boost with our great tasting electrolytes. It will then give your body a boost during these hot summer days along with providing you with vitamin and minerals. Hydrate without the sugar added. We have Lemon Lime or Berry-licious both in individual packs or a Jar.

Hydration IV

The hydration IV is beneficial for many reasons. I've personally had it administered for quick hydration due to a nagging migraine. It is great in helping with muscle cramps. It can help the body with detoxification as dehydration does not allow the body to flush toxins which can then lead to constipation.

Arizona Summer is here!



Im originally from southern California. A 10 minute drive to the beach small city of Oxnard. Sits between Santa Barbara and Santa Monica. I hear family and friend complaining about 75-85 degree days. My response is, "Come to Arizona over the summer, that will get you to stop complaining". Im still patiently waiting for a call accepting my offer to accommodate them.

I enjoy our summer days especially when I have time to take my kids to the pool and watch them play feeling refreshed. I lather them up with sun screen, sport version for my son who is a bit more active while in water and baby version for my toddler. Sadly, like other things forgotten...I tend to forget to lather myself up with my own sunscreen. It must be a mom thing or am I just forgetful?

I did a skin damage exam (UV Photography) a few years ago with a dermatologist. It showed the different types of damage our lovely sun does to us. It was frightening! The multitude of different spots with their own way on how it damaged my skin. I looked like a Dalmatian. I would have never seen what I saw with a naked eye. After my exam I was informed that the most common way to prevent that damage was doing two simple things. Wear sunscreen and wear a hat that would cover your face while out in the sun. Especially our Arizona sun that has no mercy at times. Im guilty of complaining over the sunscreen, its oily, its thick, its runny, etc etc...my skin looked so awful,



Sunscreen Doctor Picks

- The following is a link to the Environmental Working Group (EWG).
- <https://www.ewg.org/sunscreen/>
- Here you can find a list of sunscreens that meet their criteria and are safer options for you and your family this summer.
- This includes best choices for children.
- Zinc oxide based sunscreens, think lifeguard from the 80s with the white face, still offer excellent protection without toxicity.
- The office will be **closed** on Monday July 5th in observance of Independence Day. We will be back on Tuesday July 6th.
- Dr. Despotides will be out of the office from July 6th-July 8th will return on Friday July 9th.
- Update on Hailey...see third page.

sunscreen is now part of my daily regimen. If not applied alone, it's included in my face lotion. In short, let's take care of those around us but let's not forget to take care of our own skin too. If not us, who will ?

What is UV and what damage does it do?

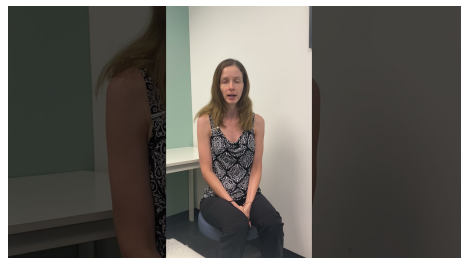
UV is short for Ultraviolet. It is a form of radiation from direct sunlight. They are invisible rays, an energy from the sun. Sounds harmless right? Too much of it can actually be very harmful and damaging to our face, eyes and our entire body. UV rays can cause a simple sunburn, not bad. Too much UV exposure especially un-



protected can cause sun damage like early aging to your skin, wrinkles, the unflattering leathery skin, liver spots and loss of elasticity. The worst case scenario would be skin cancer or better known as melanoma. Living in Arizona can be fun in the sun but can be completely un-fun if you are not protected. UV can also cause eye damage like cataracts, and macular degeneration. Although cataracts are treatable and you are able to surgically remove them, the same can't be said about macular degeneration. Best way to protect our eyes is with polarized sunglasses and/or a hat.

From Our Doctors

An update from Dr. Despotides on sun exposure and vitamin D in today's world.



Welcome to the world !

Our Very own Hailey and her husband Chris welcomed their bundle of joy!

Abbie Grace was born on May 28th , she came in weighing 8 lbs 8oz!

Hailey, Chris and baby Abbie are home adjusting to each other. Abbie is enjoying being fed, rocked, fed some more, sleeping, hugs, kisses, and of course having her diaper changed.

Hailey was away from the office taking some well deserved new-mom time to spend with Abbie and building those routines along with her husband Chris. She has returned this week eager to tell us all about Abbie. Thank you to all of you patients who have asked about Hailey and all who have sent well wishes.

