

wellness express

a monthly insight into St. Johns County wellness happenings

NOVEMBER 2017



Moisturizing is Key



November is National Healthy Skin Month. Living in Florida, it's especially important for all of us to be mindful of how much sun exposure we are getting and whether or not the information we rely on is reputable.

We all know Vitamin D is an essential nutrient that is vital for strong bones and a healthy immune system, but a lot of us think sensible sun exposure is the answer. With an estimated 1 million new cases of skin cancer every year, clearly we don't have all the facts. The American Academy of Dermatology (AAD) states that an adequate amount of Vitamin D should be obtained from a healthy diet that includes food naturally rich in Vitamin D. This includes dairy products, fish, along with foods and beverages fortified with Vitamin D. However, if you're one of those that loves the year long glow, it's imperative to take proper precaution and understand the ingredients in the products you use. For example, the SPF number

on sunscreens only reflects the product's ability to deflect UVB light while sunscreens labeled broad-spectrum provide coverage against UVA and UVB light. Sunscreens with non-chemical ingredients work best for those with sensitive skin.

To minimize your risk of skin cancer, make sure to apply sunscreen 15-30 minutes prior to going outside, as well as every two hours or immediately after swimming or sweating.

Wide-brimmed hats and sunglasses are helpful and always use extra caution near water, sand and snow, as they reflect the damaging rays of the sun which can increase your chance of sunburn.

This month, send me a picture of your favorite skincare product. The pictures will be posted on the Wellness page and your name will be entered into a raffle for one of two beach and skincare baskets. Send pictures to: dzupansic@sjcfl.us



Flu Shots

Getting an annual flu vaccine is the first and best way to protect yourself from the flu. The County is offering FREE flu shots to all employees currently on the SJC health plan. Don't let the flu get you this season! We added additional opportunities on:

Wednesday | November 1 | 7am-9am
2740 Industry Center Road | 32084

Wednesday | November 1 | 10am-12pm
500 San Sebastian View | 32084

Wednesday | November 8 | 9am-11am
3657 Gaines Road | 32084

Please make sure you take your insurance card with you.



Blood Drive

Thursday | December 14 | 8am - 1pm
4020 Lewis Speedway

All donors will receive a free OneBlood blanket and a wellness checkup including blood pressure, temperature, iron count, pulse and cholesterol screening.

To sign up, visit:
www.oneblooddonor.org
& use sponsor code 30741