



Health and Wellness Program



PARTNERING WITH



→ **REFRESH FOR SUMMER:  
START WITH YOUR  
MEDICINE CABINET**

If you open your medicine cabinet and bottles come falling down, then it is definitely time to do some summer cleaning. Even if the medicines are neatly stored away, it is still a good idea to clean them out at least once a year.

You can start by going through all of your medicines. Check both over-the-counter and prescription medications. Look at each one to find the date it was prescribed or the expiration date. Separate any that have expired or are more than one year old. You should throw those away because medication can lose its ability to work over time.

**Look for medicine that:**

- You no longer need.
- Is more than a year old or expired.
- Looks different than it is suppose to look. For example, pills that are no longer the same color or are broken.

Here are some tips to follow when throwing medications away. Do not flush them down the toilet or wash them down a sink drain. There are better ways to throw them away.

**Do**

- Check the label to see if there are directions on how to throw the pills away.
- Take off the label if it has your name and address.



- Contact your local pharmacy, hospital or health care home provider (provider) and ask if they will take old or expired medicine. Some will take them any time during the year. Some take them only a certain time of year. If they take them, they will throw them away safely.
- Put pills in a sealed plastic bag with coffee grounds or kitty litter. If you have liquid medicine, you can add flour to it. Putting the medication in a plastic bag with something else keeps the medication together and hides the pills.
- Contact your local trash company and ask if they have a way to throw away old or expired medicine.
- Flush pills down the toilet or put them down a sink drain.
- Throw away pills in the bottle they came in.
- Throw them loosely in the trash, where a child or pet might be able to find them.

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- Contact your local trash company and ask if they have a way to throw away old or expired medicine.

**Do not**

- Throw away a prescription that you are suppose to be taking.

You might also have medicine that you no longer need, but that is not old or expired. You may want to consider donating those to a third world country. You can find information for those programs on the Internet.

Most importantly, if you have any questions, talk to your provider. He or she knows your health history and will help you figure out if you need them or not.

**WATER: IT DOES A BODY GOOD!**

Summer means hotter temperatures and longer days. Many people spend more time outside during the summer months, so it is really important to make sure you stay hydrated. Drinking water during the day is the easiest way to do that.

Water helps the body function. Everybody needs it. It doesn't matter if someone is tall or short, or young or old. Water is so important that the human body can only live a few days without it. It helps control temperature, helps with digestion and eliminates waste from the body. Water also helps strengthen muscles and keeps joints, tissues and organs working well. Drinking water can keep your skin moist and looking younger too.

The amount of water that a person needs depends on his or her lifestyle. As a general suggestion, most people should get eight to 12 cups of water a day. People who exercise or are very active need more than people who have a lower activity level.

You can also stay hydrated by drinking other beverages. You should try to limit other drinks because many have sugar and calories. Water is the best and healthiest choice. Some food also has water, such as fruits and vegetables. Those are good choices to add to your diet too.

You may become dehydrated if you do not drink enough. You will know you need to drink more water when you become thirsty. That is the first sign that you need more fluids. You can also look at your urine. If you are getting enough then it will be light yellow or colorless.

Here are a few tips to keep hydrated during these summer months:

- Drink a cup of water when you first wake up.
- Drink water instead of soda or fruit juices.
- Drink more water when exercising.



- Keep a bottle of water with you to sip on during the day.
- Add more fruits and vegetables to your diet.

**SUN VS. SHADE:  
THE BURNING DEBATE**

Did you know that your skin is the largest organ in the body? Its main job is to protect your insides. Many years ago people thought that a tan during the summer was a plus. Now we know that a tan is actually our skin trying to protect us from the sun.

The sun has ultraviolet radiation that can damage your skin and lead to cancer. There were more than 1 million new cases of skin cancer diagnosed last year (National Cancer Institute). Too much sun can also lead to early wrinkles, sagging and skin that looks leathery. Do not risk damaging your skin when there are easy ways to protect it.

Wear sunscreen every day, even when it is cloudy. About 70-80% of the sun's rays can come through clouds and fog. You should put on sunscreen a half hour before you go outside and then reapply every couple of hours. If you are going to be swimming or sweating, then you may need to reapply more often. Once you get a sunburn, you have already damaged your skin.

Also, don't forget your face. Facial skin is more sensitive to the sun because it is thin. Many cosmetic products now include SPF, so be sure to check.

**For better skin care, do**

- Stay out of the sun, especially between 10 a.m. and 4 p.m.
- Always wear sunscreen with SPF 15 or higher. Apply to your whole body 30 minutes before you go outside. Then reapply every two hours.
- Wear clothing to protect your skin and eyes from the sun. A hat with a wide-brim, UV sunglasses, long-sleeved shirts and pants are good choices.
- Watch your skin to see if there are any changes like new moles or freckles.
- See your provider every year for a professional skin exam.

**Do not**

- Lay in the sun to get a tan.
- Use a tanning booth to get a tan.
- Let yourself get a sunburn.

**Sources**

Medicine resources:

[www.whitehousedrugpolicy.gov/drugfact/factsht/proper\\_disposal.html](http://www.whitehousedrugpolicy.gov/drugfact/factsht/proper_disposal.html)

Water resources: links found on the U.S.

Department of Agriculture National Agriculture Library Food and Nutrition Information Center: [extension.iastate.edu/nutrition/sport/fluids.html](http://extension.iastate.edu/nutrition/sport/fluids.html) [clemson.edu/extension/hgic/food/pdf/hgic4151.pdf](http://clemson.edu/extension/hgic/food/pdf/hgic4151.pdf)

Sun versus shade resources:

[skincancer.org/sunscreen](http://skincancer.org/sunscreen)  
[healthunit.org/sunsafety/aboutskin.htm](http://healthunit.org/sunsafety/aboutskin.htm)

*Si no habla o lea ingles llámé al 1-800-447-6804 para solicitador asistencia. Podemos asistirle si no hable o no comprenda ingles.*