

Kalos Corner Quarterly Newsletter



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ADVANCE DIRECTIVES

These documents will tell your healthcare providers your wishes regarding medical care and treatment if you are not able to speak or direct your own care decisions.

What types of documents are accepted in New York State?

- **Health Care Proxy**
Allows you to appoint someone to speak on your behalf when you can no longer make decisions about your care and treatment.
- **Medical Orders of Life-Sustaining Treatment (MOLST)**
Outlines your specific healthcare wishes regarding various forms of medical treatment.
- **Living Will**
Details specific healthcare wishes and is usually created with assistance from a lawyer.
- **Power of Attorney**
Specifies who you appoint to handle finances, assets, and in some instances health decisions, if needed.

Where should I keep these completed forms?

It is best to keep them in a visible place- such as your refrigerator or next to your phone. Your primary doctor and the person you appoint should also have a copy of these for your medical record.

These forms can be changed at any time. If you need help, just ask a member of your Care Team.

WELCOME to the Kalos Corner Quarterly Newsletter. We are hopeful that each edition will provide information and knowledge to improve your quality of life.

THE HEAT IS ON - AND SO IS THE SPF

The warmth of the sun is one of the best parts of summer; sitting outside in a chair with a cold drink soaking up the rays. But those rays can be dangerous to your skin, and cause a lot of problems that could have lasting effects.

According to the Skin Cancer Foundation, the two types of rays that the sun produces are Ultraviolet A (UVA) and Ultraviolet B (UVB). These rays are invisible, and are the rays that our skin absorbs which can cause cancers or other skin damage.

UVA rays are long-waves, and UVB rays are short-waves. The difference is that UVA rays penetrate deep into our skin, which causes the skin to age and wrinkle. They are the rays that cause the skin to tan.

These UVA rays can cause a lot of damage over time, and can increase your risk of skin cancer because of the effect they have on skin cells.

UVB rays do not penetrate the skin as deeply as UVA rays- yet they are the main cause of redness and sunburn on skin.

According to the Skin Cancer Foundation, "The most significant amount of UVB hits the U.S. between 10 AM and 4 PM from April to October" (Skin Cancer Foundation, UVA & UVB).

To stay protected from these dangerous rays, The Skin Cancer Foundation recommends staying in the shade as much as possible between the hours of 10 AM and 4 PM, and to apply Sun Protection Factor, or SPF. "To make sure you're getting effective UVA as well as UVB coverage, look for a sunscreen with an SPF of 15 or higher" (Skin Cancer Foundation, UVA & UVB).

OUCH! BUG BITES - HOW TO TREAT THEM AND WHICH CAN BE DANGEROUS

Bugs are flying, crawling, and buzzing around during summer months. Most of those creepy crawlies are harmless, but some bugs can leave you with more than an itchy bump on your arm.

It is smart to keep an eye on any bug bite to see if it changes or increases in size over a few days. Many times a bug bite is harmless but bugs can also carry diseases that can be harmful if not treated.

Mosquitoes for example can carry many diseases such as the West Nile virus, Malaria, and the Zika virus. If you begin experiencing symptoms such as fever, headaches, body aches or vomiting, see your doctor right away.

A bee sting can be painful, and often times cause swelling or itching where the sting occurred. If you are able to see the stinger in your skin, "gently remove it by scraping the surface of the skin with the edge of a credit card" (Asp, Karen. How to Treat Bug Bites). If you begin to experience shortness of breath, dizziness, or fever after a bee sting, you may be having an allergic reaction and should seek medical treatment as soon as possible.

Summer also brings ticks which can carry Lyme disease. Symptoms could include muscle aches, headaches, fatigue, and fever. Tick bites cause itching, redness, and sometimes burning in the bite area. "If you develop an expanding red area in the shape of a bull's-eye or have flulike symptoms (fever, headache, aches and pains, chills), see a doctor" (Asp, Karen. How to Treat Bug Bites).

If you find that a bite you have begins to worsen, or doesn't go away after a few days, contact your doctor to have them take a look. Bugs are helpful in a garden, but a nuisance on your body!

DO YOU KNOW YOUR A1C? DIABETES MANAGEMENT



Hemoglobin A1C is a blood test that provides average blood glucose levels from the past 3 months.

Ways to improve your A1C values:

- Checking your daily blood sugar levels according to your doctor's recommendation
- Taking medication as directed
- Being active
- Eating a healthy diet void of processed foods and refined sugars to include alcohol

If you're uncertain of your numbers, ask your physician.

SWEET SUMMER TREATS A HEALTHY ALTERNATIVE

Strawberry Pecan Salad

- 1 package of mixed greens / or spinach
- 1 cup of fresh cut strawberries
- ½ cup of raw pecans
- ¼ cup of balsamic dressing
- ½ cup of feta cheese (or blue cheese crumbles)

*Combine the mixed greens/spinach, fresh strawberries, and raw pecans into a large bowl.

*Sprinkle the feta cheese over the ingredients in the big bowl.

*Drizzle the balsamic vinegar over all of the ingredients in the bowl, and toss together with a pair of tongs.

*Serve with a sprinkle of pepper on top

REFERENCES

Asp, Karen. "How to Treat Bug Bites." Real Simple. Real Simple, 29 Aug. 2014. Web. 19 May 2017.

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"Home Pool Safety." American Red Cross. N.p., n.d. Web. 19 May 2017