



Summertime is Fun Time

The summer season has started and that means increased hours in the sun participating in outdoor activities. While sun exposure should be a concern all year, it is especially important to protect your skin in summer when days are longer and more time is spent outdoors. The following information can help you protect your skin while having fun in the sun:

What causes sunburn? According to Mayo Clinic, sunburn occurs when skin is exposed to too much ultraviolet (UV) light, particularly ultraviolet A (UVA) and ultraviolet B (UVB) rays. Sunny, clear days are not the only times you can be exposed to UV rays and get sunburn—cloudy days, tanning beds and sunlamps can also cause sunburn. Click [here](#) to find out the symptoms of sunburn and how to treat it.

Does sunburn lead to cancer? Skin cancer is the most common form of cancer according to the American Cancer Society, which lists too much exposure to ultraviolet (UV) radiation (from sunlight or tanning beds and lamps) as a risk factor. UVB radiation is responsible for the burning effect of sunlight and contributes to cellular changes in skin that can lead to cancer. Click [here](#) to find out more about the relationship between sun exposure and skin cancer.

How can I protect myself and my family? With so many lotions, sprays, sun protection factor (SPF) numbers and special clothing available, it's difficult to know what works and what doesn't. SPF ratings are multipliers of the skin's exposure time before burning. For example, an SPF of 5 means that person can stay in the sunlight without burning five times longer than he/she could without sunscreen. Click [here](#) for expert guidance on how to be safe while having fun in the sun this summer.

Protecting skin from the sun can help prevent premature aging and reduce your risk of skin cancers. So, while enjoying the outdoor fun, make sure to protect yourself and your family from the sun.

Brown Bag Lunch & Learn in the Claiborne Building, Thomas Jefferson Room 1-136B

Topic: The Truth About Carbohydrates

Date: Wednesday, July 13, 2016

Time: 11:30 - noon

If you cannot attend at the Claiborne Building, click the following link to [Join WebEx Meeting](#)

Meeting number: **806 258 232**

Meeting password: **n46wKPrz**

Join by phone

+1-855-797-9485 US Toll free

Access code: 806 258 232

Take Steps Towards Better Health

Would you like to take advantage of FREE fitness fun and have your questions answered by local physicians while you walk at your own pace?

Walk with a Doc will take place in Baton Rouge on **Saturday, July 9, 2016 (9:00 am)** at **BREC's North Sherwood Forest Community Park** (3140 N. Sherwood Forest Drive). This is a grassroots movement to bring the benefits of regular exercise to patients/employees through a physician led walking program. Currently, Baton Rouge is the first city in Louisiana to implement the program with plans for New Orleans, Lafayette, Alexandria and Shreveport to follow. Visit www.LSMS.org for more information.

2016 Men's Health Conference

When: Saturday, August 27, 2016 from 7:00 am – 1:00 pm

**Where: Pennington Biomedical Research Center
6400 Perkins Road Baton Rouge, LA 70808**

Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, children, and other family members, men's health is truly a family issue. This conference offers **FREE** Health Screenings and special smaller group sessions with medical professionals to men from Baton Rouge and the surrounding areas. It gives men an opportunity to explore ways to better care for themselves and their health. Please register at <http://www.lamenshealth.org>.

High-Protein Chicken Salad

Left over rotisserie chicken or cooked chicken breast from summer cookouts make this high protein chicken salad an easy lunch option. Lean shredded chicken is combined with creamy yogurt, crispy apples and sweet grapes for a tasty, tangy combo.

Ingredients

- 1 pound cooked chicken breast or rotisserie chicken, shredded (about 4 cups)
 - ½ cup diced red onion
 - ½ cup diced apple
 - 2/3 cup quartered or halved grapes
 - 2/3 cup plain 2% fat Greek yogurt
 - 2 tablespoon freshly squeezed lemon juice, or more to taste
 - ½ teaspoon garlic powder
 - Salt and pepper to taste
 - 12 slices of 100% whole grain bread
 - 6 medium lettuce leaves
1. In a large bowl, combine shredded chicken, red onion, apple, grapes, Greek yogurt, lemon juice, garlic powder, salt and pepper. Mix until well combined.
 2. Using a ¾ cup measuring scoop, portion out the chicken salad. Serve with a lettuce leaf and 2 slices of 100% whole grain bread.

Makes approximately 6 servings

Live Better Louisiana Clinics

You have two months (**deadline August 31, 2016**) left to complete your online PHA www.bcbsla.com/MYPHA and get your preventive health checkup in order to be eligible for the 2017 wellness credit! To sign up for one of these clinics, or find a date and location that works best for you, visit www.timeconfirm.com/ogb or call 1-877-841-3058. **Clinic dates and locations are added frequently, so check back if you don't see a convenient time or place.**

Live Better Louisiana Clinics	
Date	Location
07/06-09/ 2016	Alexandria-Office of Public Health (5604-B Coliseum Blvd.) Lafayette-ULL Student Union (620 McKinley Street) Houma-South Central LA Human Services Authority
07/11-13/ 2016	Monroe-University of LA Monroe (700 University Ave.-Student Center 160) Pineville-Pinecrest Support and Services Center (100 Pinecrest Dr.)
07/12/2016	Covington-Probation and Parole (1712 N. Columbia Street)
07/13/2016	New Orleans-State Military Department (6400 St. Claude Ave.)
07/14/2016	Opelousas-St. Landry PSB Resource Center (1013 E. Creswell Lane) Lake Charles-DOTD District 07 (5827 Highway 90 E.)
07/15/2016	Covington-Holiday Inn (45 Louis Prima Drive)
07/18/2016	LaPlace-DCFS (429 West Airline Hwy., Suite M)
07/18-22/ 2016	Baton Rouge-Claiborne Building (1201 North 3 rd Street) Baton Rouge-Department of Education (Claiborne Building)
07/19/2016	Chalmette-Nunez Community College (3710 Paris Rd.)
07/20/2016	New Orleans-DEQ Southwest Regional Office (201 Evans Rd., Building 4, Suite 420) Shreveport-DCFS (1525 Fairfield Ave.)
07/25/2016	Baton Rouge-Office of Attorney General (1885 North 3 rd Street)
07/25-28/ 2016	Hammond-SE LA State University (Pennington Ctr.-1350 N. General Pershing Ave.) Lake Charles-DCFS (2133 Oak Park Blvd.)
07/28/2016	Lake Charles-Probation and Parole (991 Gerstner Memorial Blvd.)
07/30/2016	Metairie-Holiday Inn (2261 N. Causeway Blvd.)
08/01-04/ 2016	Baton Rouge- LSU Ag Center (LSU Campus Efferson Hall Rm. 212) Lafayette-ULL Student Union (620 McKinley Street) Baton Rouge-Department of Public Safety (7979 Independence Blvd.)
08/03/2016	New Orleans-Supreme Court of LA
08/08-12/ 2016	Baton Rouge-DOTD Headquarters (1201 Capital Access Road) Baton Rouge-Iberville Building (627 N. Fourth Street)
08/09-10/ 2016	Greensburg-St. Helena Parish School Board (137 College Street)
08/12/2016	Shreveport-Northwest LA Human Services District (1310 North Hearne Ave.)
08/15/2016	Monroe-DOTD District 05 (8010 Desiard Street)
08/16/2016	New Orleans-NOCCA (2800 Chartres Street)
08/17/2016	Morgan City-South Central LA Technical College (900 Youngs Road)
08/22-24/ 2016	Natchitoches-NSULA (175 Sam Sibley Drive)
08/25-26/ 2016	Lake Charles-SOWELA (Arts & Humanities Bldg. 3820 Sen. J Bennett Johnston Ave.)

For more information, visit us at www.bcbsla.com/ogb
Follow us on Twitter [@LiveBetterLA](https://twitter.com/LiveBetterLA)