

## Keeping the Sun Fun

**N**othing ruins a weekend or summer vacation faster than sunburn. Caused by spending too much time in the sun with inadequate sun protection, such damage can lead to premature wrinkles, age spots, and a higher risk for developing skin cancer.

Sunburn symptoms, including red skin, swelling, tenderness, blisters, headaches, nausea, fever, and fatigue, often don't appear until about four hours after exposure.

For minor sunburn, treat the affected area with a topical moisturizing cream, aloe, or hydrocortisone cream, drink plenty of water to replace lost fluids, and relieve pain with aspirin, acetaminophen, or ibuprofen.

For severe burns that have blistered, cover the area lightly with gauze to prevent infection, and do not burst the blisters. When blisters do break and the skin peels, use an antiseptic ointment or hydrocortisone cream for relief.

To prevent sunburn, the Centers for Disease Control and Prevention (CDC) recommends daily use of a sunscreen with SPF 15 or higher (HopeHealth provider Dr. Lisa Lanning recommends SPF 30-50) and reapplying as directed on product packaging. Wear a wide-brimmed hat and sunglasses to protect your eyes

## JUNE 27

**N**ational HIV Testing Day is June 27. HopeHealth will honor the day with free HIV testing events in Aiken, Lake City, and Orangeburg.

In 1995, the first National HIV Testing Day was held on June 27 to unite people and organizations in efforts to raise awareness about the importance of HIV testing and early diagnosis. Today, there is still no cure for HIV, but the disease can be controlled with proper medical care.

Risk factors for contracting the virus

## Men's Health

### Preventing disease with annual well visits

The average man age 18-39 is 33 percent less likely to visit a doctor than a woman, though, according to the Centers for Disease Control and Prevention (CDC), this difference decreases with age. However, regular prevention screenings and wellness visits are just as important for men as they are for women.

You may think everything feels fine, so everything must be fine, but that may not be the case. Issues such as hypertension can significantly impact your health without visible signs and symptoms and, without treatment, can lead to chronic conditions. Since men aged 35 or younger who get high blood pressure readings don't return for follow ups for an average of five years, this doesn't bode well for their future health as high blood pressure can develop into hypertension, heart disease, and more in this time.

The National Center for Health Statistics' October 2017 report on Hypertension Prevalence and Control Among Adults shows just how the likelihood of



developing the disease increases with age: hypertension rates for men increase from 7.5 percent among ages 18-39 to 33.2 percent among those aged 40-59, and 63.1 percent among those aged 60 and over.

Regular well visits at all ages can help identify potential issues such as high blood pressure before they progress and cause further damage to your body. Early detection of disease can even save your life! According to the CDC, up to 40 percent of the five leading causes of death could be prevented through early detection. Knowing about potential problems early, making lifestyle changes, and adhering to your care plan can reduce your risk of developing disease.

Schedule your next wellness visit today!



include lifestyle, sex partners, and geographical location. According to the Centers for Disease Control and Prevention (CDC), an estimated 1.1 million

## National HIV Testing Day

people were living with HIV in the United States at the end of 2015. Of those, the CDC estimates one in seven, or about 165,000 people, did not know they were infected.

Join HopeHealth this June at one of our free testing events and help encourage HIV testing on National HIV Testing Day and every day.

For details on local testing events, call (803) 535-2271 or (843) 667-9414, or visit [hope-health.org/news](http://hope-health.org/news).