



We hope you celebrate the 4th year safely with your friends and family! As we celebrate the 4th, we consider all the freedoms we have in our country, but we also recognize that these freedoms are not always equal for everyone. We celebrate freedom and push for the equality this nation was created to provide for all!

July Health Highlights

UV Safety Awareness Month: We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun.

The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

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July is

- UV Safety Awareness Month,
- National Youth Sports Week, and
- World Hepatitis Day.

EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753 or email Lara Lawson at laralawson@emohealth.org

You can donate at emohealth.org by clicking the donate button!

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

Here are the harmful things unprotected sun exposure can do:



- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Fortunately, there are things you can do to minimize the risk that comes with sun exposure.

1. Cover Up: **Wearing a Hat (preferably wide brimmed) or other shade-protective clothing** can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and Sunglasses - for eye protection.

2. Stay in the Shade: The sun's glare is most intense at midday. **Staying in the shade between the hours of 10 a.m. and 4 p.m. will further protect your skin.** The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

3. Choose the Right Sunscreen: This is extremely important. The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a **sun protection factor (SPF) of at least 15**, and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays.

4. Use the Right Amount of Sunscreen: According to the National Council on Skin Cancer Prevention, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it's important that you **apply at least one ounce (a palmful) of sunscreen every two hours.** You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof. (Source: VA.gov)

National Youth Sports Week: According to the Physical Activity Guidelines for Americans, youth ages 6 to 17 need at least 60 minutes a day of moderate-to-vigorous physical activity. Playing sports is one way

youth can get the physical activity they need. Sports also provide opportunities for youth to experience the connection between effort and success, and may enhance their academic, economic, social, and health prospects.

Regular physical activity has many benefits for youth. Youth sports participation provides benefits beyond those associated with physical activity, including benefits for psychosocial health and academic achievement. Benefits for youth include:

- Higher levels of self-esteem and confidence in their abilities;
- Reduced risk of suicide and suicidal thoughts and tendencies;
- Improved life skills, such as goal setting, time management, and work ethic;
- Opportunities to develop social and interpersonal skills, such as teamwork, leadership, and relationship building; and
- Improved concentration, memory, school attendance, and academic performance. (Source: Health.gov)



World Hepatitis Day: World Hepatitis Day is recognized annually on **July 28th, the birthday of Dr. Baruch Blumberg** (1925–2011). Dr. Blumberg discovered the hepatitis B virus in 1967, and 2 years later he developed the first hepatitis B vaccine. These achievements culminated in Dr. Blumberg winning the Nobel Prize. Organizations around the world, including WHO and CDC,



commemorate World Hepatitis Day to raise awareness of the problem of viral hepatitis, which impacts more than **325 million people worldwide**. It creates an opportunity to educate people about the burden of these infections, CDC's efforts to combat viral hepatitis around the world, and actions people can take to prevent these infections.

Viral hepatitis — a group of infectious diseases known as hepatitis A, B, C, D, and E — affects millions of people worldwide, causing both acute (short-term) and chronic (long-term) liver disease. **Viral hepatitis causes more than one million deaths each year**. While deaths from tuberculosis and HIV have been declining, deaths from hepatitis are increasing. Know your status and get tested for hepatitis! (Source: CDC.gov)

Program News

FIT on 10th, providing **YMCA memberships to 150 Ebenezer Medical Outreach patients** is starting up now! We are still recruiting patients interested in improving their health through this year-long membership program. Regular exercise helps prevent or manage many health problems and concerns. This program is available for patients with a diagnosis of prediabetes, diabetes, hypertension, hyperlipidemia, or by physician discretion for another health condition that may be improved with exercise. If you aren't a patient yet, go to our website and download an application. We would love to care for you and have you participate in our wellness programs! We are grateful to our partners at **WVU Office of Health Services** and the **Huntington YMCA** for this amazing opportunity for our patients.



Farmacy Program: We are heading into week 4 of our 15 week Farmacy program! Thanks to the Walmart Foundation, we are providing our program participants diagnosed with diabetes, high blood pressure, or obesity a box of produce each week throughout the growing season and into the fall. Our program participants will soon also be able to participate in live cooking demonstrations to help them learn healthy eating skills. We are collecting weight and blood pressure data each week from our participants to track the outcomes of the program more closely and watch for changes throughout the program. We are teaching patients to get a good blood pressure reading using a wrist monitor.

Our **Empowering Outreach** project kicks off this summer with funding from the West Virginia Minority Health Institute and the WV Office of Health Promotion and Chronic Disease. We will be creating some new online content to complement our Save our Sisters and My Brother's Keeper programs. There is a social media campaign as part of this project. Be sure you are following us on Facebook to get the latest updates! We have purchased our recording equipment and cover art is being designed. We are so excited to engage our Save Our Sisters and My Brother's Keeper groups through this project.

