



VIP MedSpa Clinic News

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Medical News

July is National Blueberry Month, and this dark blue gem is worth celebrating.

Blueberries are packed with nutrition. Their deep, rich color signals that they are high in antioxidants, which have potential to reduce the risk of many illnesses and diseases caused by oxidative stress in our bodies.

Blueberries Fight Parkinson's disease

Researchers studied the effect of blueberries, a food known to fight diabetes and cardiovascular disease, on the risk of neurodegenerative disorders in a new study.



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

5 Places You're Probably Forgetting to Put SunScreen

We all know that we should put on sunscreen every time we are out in the summer sun. But there are some important parts of the body we often miss. Common places people miss are going to be the ears, your eyelids, your lips, or places near the edges of clothing, such as straps. The sun's ultraviolet rays are the major causes of skin cancer. Doctors believe that people can avoid most skin cancers by taking

Scale back on sodium

Most of the sodium in your diet comes from processed and prepared foods, such as canned vegetables, soups, deli meats and frozen meals. Another major source of sodium can be found in condiments. Scale back on sodium by eating more fresh foods and fewer processed items. Add herbs or spices instead of salt for extra flavor.

Do You Know How to Recognize a Stroke?

Know the Signs. Act F.A.S.T.

Face Droops

Arm drifts

Speech slurs

Time is critical

Call 911

steps to protect themselves against the cellular damage these rays cause.

Here are five places that you're probably forgetting to put sunscreen.

1. **Your ears**

A 2007 study from the skin cancer foundation listed ears as the third most frequent location for skin cancers. Skin cancers can occur on any part of the ear.

2. **Your eyelids**

The best way to protect your eyelids is to wear sunglasses. But if you're trying to avoid tan lines on your face use a moisturizer that contains sun protection factor (SPF).

3. **Your lips**

A lip balm that contains SPF will protect your lips. Be sure to reapply frequently if you eat or drink. Skin cancers of the lip most frequently occur in fair-skinned men older than age 50. The lower lip is about 12 times more likely to be affected, owing to its greater exposure to sunlight, the Skin Cancer Foundation says.

4. **The tops of your feet**

A thick layer of dead skin cells protect the soles of our feet against the sun's ultraviolet light. But the other side of your feet faces the sun directly when we're wearing flip flops and other skin-baring shoes. That makes this area especially vulnerable to the sun's rays.

Today Exercise Tip

Going up? Take the stairs

Work a little extra activity into your day by skipping the elevator when you can.

Start by taking the stairs anytime you go up or down one floor. Then work your way up to three or four floors or more. Better yet, opt for a more intense workout by running up and down staircases at the park, the gym or a nearby stadium. Run up one flight, then walk down—repeat as many times as you can!

Today Nutrition Tip

Healthy cooking oils

Saturated fats and trans fats can increase your risk of cardiovascular disease and type 2 diabetes. Reduce saturated fats and trans fats by cutting the use of butter, lard, shortening and margarine when cooking. Instead, cook with unsaturated fats, such as olive, canola or vegetable oils.

5. Your scalp

Your hair is the only protection against the sun's ultraviolet rays. Your scalp—especially if you're bald—directly faces the sun, much like the tops of your feet. If you don't want to wear a hat, be sure to put on some sunscreen.

Sunscreen guidelines

Sunscreen is very effective when used properly. Follow these guidelines to get the most protection:

Choose a product with at least 15 SPF. The number indicates how well the product protects from the burning rays of the sun. Apply the sunscreen at least 20 to 30 minutes before you go outdoors, for 30 minutes or more. If you wait to apply sunscreen until you hit the beach, your perspiration makes your sunscreen less effective.

Reapply sunscreens every three hours while you are outdoors, even if the product's label states "all-day." Reapply sunscreen every hour or two if you are getting a lot of sun or perspiring heavily. Cover all exposed areas, including your face and the back of your hands.

Apply a generous layer of sunscreen. Smooth it on rather than rubbing it in. Apply sunscreens under makeup.