

May 2022

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Your Health

**How to Keep Safe
in the Sun**



Whether in the UK, India or anywhere in the world, it is always important to stay safe in the sun. Excessive exposure can cause a lot of complications such as fainting, dehydration and sun burn. Here are some measures you can take to keep as safe as possible.

Wear a hat or stay in the shade

Wearing a hat may not seem like much but it does a lot to protect you in the heat. It provides shade to your face and stops direct sunlight to the top of your head. Too much direct sunlight to your head can cause people to overheat, feel very tired and even faint.

Sunscreen

Even though most of us have darker skin, we are still not completely protected from the sun's radiation. It is important to remember to apply sunscreen to help protect yourself from getting sun burnt which can be very painful and unpleasant.

Also having too much direct sun exposure can increase the risk of getting skin cancers and putting on sun cream helps reduce this risk. You should really be wearing sunscreen regardless of whether it is sunny outside or not. Studies show that you don't see effects of sun damage until 10 years later.

Drink lots of water

When it is very hot, your body begins to sweat a lot to try and cool it down. This means that you end up losing a lot of water and salts from your body that need to be restored. If it is not restored, you can feel tired and sick and, in some people, can cause worsening of their kidney function.

Drinking at least 2 litres of water on hot days is very important to replenish all the water lost from your body. Drinking coconut water is even better as it also replaces some of the salts lost in your sweat too.

Good ventilation

If you are stuck inside during a hot day with no air conditioning, it is important that you have good airflow in the room. Sitting in a hot room with no airflow means you will sweat more and will get dehydrated quicker.

Keeping the windows open or having a fan in the room will not only keep you cool but will reduce the chances of being dehydrated and keep you feeling a bit more refreshed.

Enjoy the sunshine too!

Although staying in the heat unprotected for too long can be dangerous, it is important to remember to enjoy the sun too. In the UK we do not get much hot weather, so we all become deficient in some vitamins provided by the sun called Vitamin D.

When the weather is nice, don't stay indoors all day. Go outside and enjoy the weather but just take the necessary precautions.

Sunglasses

Well-made sunglasses do more than make you look like a movie star. They can protect your eyes from many problems, including those caused by the sun's harmful rays. You should always check on the label or with your optician before buying any sunglasses to ensure you are getting the highest level of protection from the sun.

You should always wear sunglasses during the daylight hours because:

- They protect your eyes against the sun's UV rays which could lead to cataracts.

- They protect against "blue light" from the solar spectrum, which could increase your risk of macular degeneration.
- They lead to improved and more comfortable vision from not having to squint.
- They can make it easier to adapt to darkness. Exposure to bright light can make it more difficult to adjust to driving at night.

We hope this has helped!
Tame 100 varus na sukhi thav - May you live
happily to 100 years!

तमारी तबियत
Your Health



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