



# THE LIGHTHOUSE

*To Inspire, Inform and Educate!*

## Enjoy Summer.

### It will be over before you know it!

“Summer summer summertime. Time to sit back and unwind”. Those are the words of Philadelphia native, Will Smith in his over the top, 1990’s hit song, “Summertime”. Whatever your musical preference, we can all agree that it’s time to sit back and unwind. We all enjoy getting some sun, throwing some meat or veggies on the grill and enjoying the company of family and friends.

In this issue of the Lighthouse we offer up some tips and tricks we think will help you to enjoy the season as you avoid things that can ruin it.

#### How to have a healthier BBQ this summer

Nothing beats the ease, flavor, and experience of cooking over a blazing hot fire. But if you’re trying to eat a healthier diet, grilling can, well, backfire. There are the fatty meats, heavy sauces, and let’s not forget the tempting sides.

However, with a few smart tweaks, your grill can become the gateway to a healthier you. Here’s how.

**Pick the right protein.** Move over, steaks and burgers. Instead, select leaner options such as fish, skinless chicken, and lean ground turkey. Keep in mind that a healthy portion of meat is only 3 to 6 ounces, or about the size of a deck of cards. Think beyond meat. Pack your grates with fruits and veggies. Experiment with different veggies for a variety of nutrients at each meal. Grilling fruits such as bananas, peaches, and pineapple makes for a delicious and healthy dessert.



**Make time to marinate.** Cooking meat at high temperatures causes chemicals to form that could increase your risk for cancer. But this doesn't mean you have to shutdown your grill for the season. Marinating your meat before grilling significantly slashes the formation of these chemicals. A simple marinade—or even a squeeze of lemon or lime—is also a healthier option than slathering on heavy sauces that are often packed with salt and sugar.

**DIY sides.** Classic BBQ sides, such as coleslaw and potato salad, are loaded with fat, sodium, and sugar. Making your own means you control what goes into them. You can also replace traditional fare with a nutrient-packed green or bean salad.

**Bring your cookout indoors.** If the weather isn't cooperating, use an air fryer. The high-tech kitchen appliance circulates air at a very high temperature to grill your food and uses very little oil.

**Safety first.** Germs that cause food borne illnesses flourish in warmer weather. Throw out marinades when meat goes onto the grill. Always use a meat thermometer to make sure food reaches a safe temperature and then place cooked meat onto a clean plate.

**DID YOU KNOW?**

The combination of sun, sea and sand is the most natural and easily accessible form of therapy available to mankind. Seawater in particular assists in strengthening the cellular immunity of our bodies and the sound of the crashing sea waves has a healing effect on our mind as it induces deep states of relaxation. Sea air is charged with healthy negative ions that builds our body's capacity to absorb more oxygen.

## What is a Carcinogen?

### Carcinogen

*any substance that has the potential to cause cancer in living tissues*



Here are a few that could be found in your home;

**Formaldehyde** - This preservative is known human carcinogen. It is in many of the things we use; body care, face care, makeup—especially mascara and liquid foundation—hand washes, body soap, room spray. Sadly it is not listed as a ingredient.

**Glyphosate** is an herbicide and it can be found in most garages, but beyond that, because it's one of the most commonly used herbicides in agriculture it's probably on or in any food in your house that isn't organic. Beyond that, if you're using tampons that have cotton that isn't organic, well, you have the potential to introduce glyphosate to a very sensitive area of your body.

**Lead.** There have been a lot of stories in recent years about how lead is in lipstick, and, as we know, lead is in old paint. Lead is very commonly found in colorants, as it's a naturally-occurring element. So when you're looking at products that are painted, or coated with a colorant, look for a no-heavy-metals type of communication. While there's some research to suggest that it's a probable human carcinogen, the real problem with lead is that it's a neurotoxin that can lead to learning disabilities and developmental disorders.”



## Warning - The Sun Can Poison

Sun poisoning is often the term used for a severe case of sunburn. This is usually a burn from ultraviolet (UV) radiation that inflames your skin.

Within just 15 minutes of being in the sun, you can be sunburned. But you might not know it right away. The redness and discomfort might not show up for a few hours. While anyone can be poison by the Sun, if you have light skin and fair hair, you are likely more susceptible.

### How to prevent Sun poisoning

- Wear a sunscreen that has an SPF of at least 30 and says "broad-spectrum" on the label, which means that it protects against the sun's UVA and UVB rays. Put it on all over about 15 to 30 minutes before going out in the sun. Reapply at least every 2 hours and after you've been sweating or in the water.
- Limit your sun exposure between 10 a.m. and 2 p.m., and remember that water, snow, and sand can intensify the sun's damaging rays.
- Wear sunglasses, a hat, and protective clothing.
- Check on your medications. Ask your doctor if anything you take might make your skin more sensitive to sunlight. For example, some acne medications, antibiotics, antidepressants, diuretics, heart drugs, and birth control pills make skin more sensitive. So can some antibacterial medications and fragrances that go on your skin.

### Conclusion

This Summer, enjoy the Sun, but not to much of it!



For those who have gone through a mastectomy, having a swimsuit that will fit your body type and shape is of the utmost importance. The fit of your swimwear can determine how you feel - Confident and complete or unsure, even embarrassed.

Not to worry. We offer a full line of performance swimwear that is tailored and fashionable and that will fit your needs. For more information, give us a call at 866-473-3325.



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## The Lighthouse

The purpose of this publication is to offer Hope and Encouragement to those individuals who battle cancer and their loving families and friends, who support them. We aim to INSPIRE, INFORM and EDUCATE. We strive to keep you up to date on products, services and developments related to cancer treatment and post surgical care. Like a literal lighthouse, our mission is to guide you on your post-operative journey, providing practical insight and informative discussion that contribute to your overall health and well-being. This Newsletter is the intellectual property of BFRIN.org. 7176 Marshall Road, Upper Darby, PA 19082. Phone: 866-473-3325.



## Disaster preparedness

Are you prepared? Summer is also known for hurricanes, forest fires, earthquakes in some regions, tornados and powerful tropical storms. Do you have an emergency kit? A basic emergency supply kit could include the following recommended items:

- **Water** - one gallon of water per person per day for at least three days, for drinking and sanitation
- **Food** - at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather **Radio** with tone alert
- **Flashlight**, Extra batteries
- **First aid kit**
- **Whistle** to signal for help
- **Dust mask** to help filter contaminants
- **Moist towelettes**, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- **Local maps**
- **Cell phone** w/ chargers/backup battery