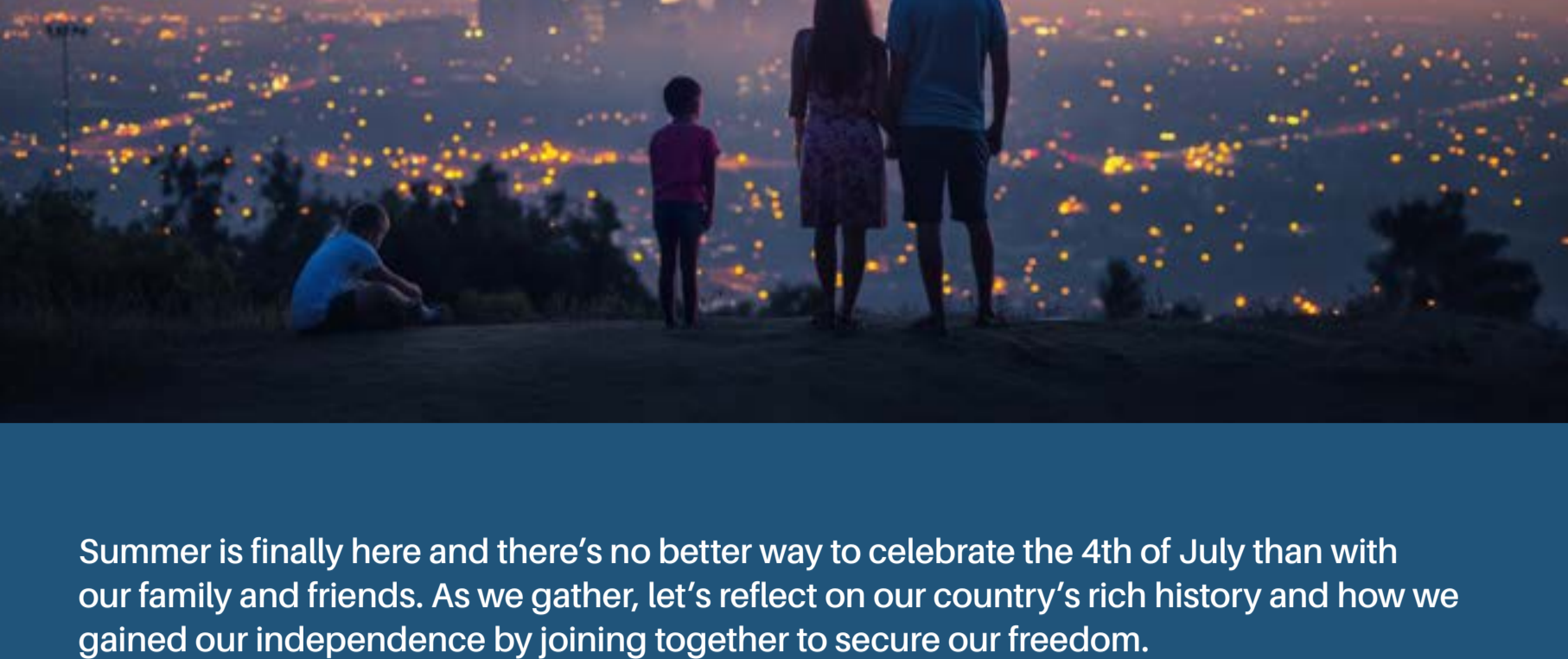


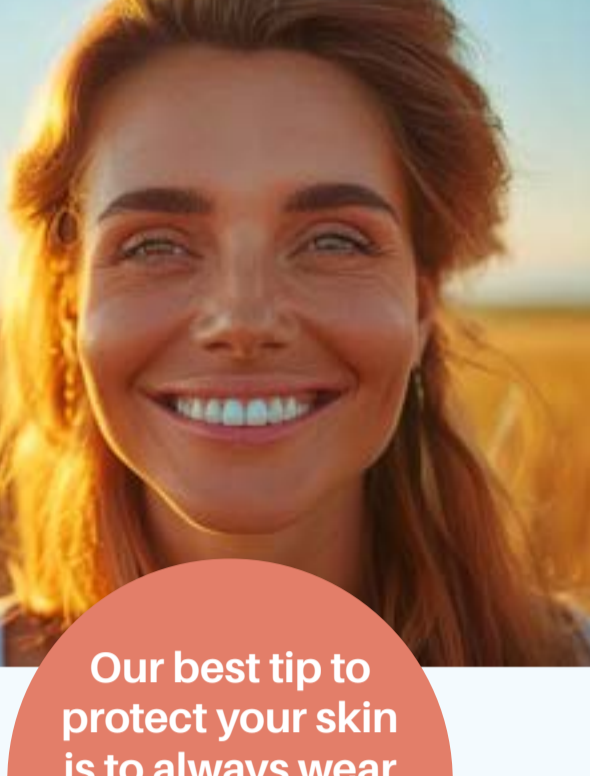
Happy Independence Day!



Summer is finally here and there's no better way to celebrate the 4th of July than with our family and friends. As we gather, let's reflect on our country's rich history and how we gained our independence by joining together to secure our freedom.

This Independence Day, let's honor what makes our nation great - the resilience and determination of our people, and our commitment to embracing diversity through every challenge we face. From our homes to yours, we wish you and your loved ones a joyful, healthy, and safe celebration this Independence Day!

EMBRACE THE SUMMER of healthy, glowing skin



Our best tip to protect your skin is to always wear sunscreen with an SPF of 30 or higher.

Let the summer celebrations continue! But before you hit the beach, lounge in the park, or soak up the rays in your own backyard, remember that clouds won't help save you from those strong UV rays. In fact, 80% can still sneak through. Our best tip to protect your skin is to always wear sunscreen with an SPF of 30 or higher.

And while you're at it, mark July to schedule your annual wellness check-up! It's your chance to have your doctor give your skin a thorough screening, ensuring you're summer-ready and sun-safe from head to toe.

If you are someone who has eczema, summer can be even more challenging. Our dermatologist, Dr. Elena Kandel helps to answer some of your questions about eczema and the best ways to protect yourself so that you can enjoy summer activities with a little less worry about skin damage.

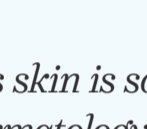
Q: How can people with eczema find a balance between enjoying outdoor activities during the summer and protecting their skin from flare-ups caused by sun exposure?

- A:** Here are some tips for people living with eczema to follow during the summer:
- 1. Choose the right time and seek shade:** Opt for outdoor activities during early morning or late afternoon when the sun's rays are less intense.
 - 2. Wear protective clothing:** Cover up with loose, breathable clothing.
 - 3. Sunscreen selection:** Use a broad-spectrum sunscreen with a high SPF (30 or higher) that is fragrance-free and made for sensitive skin.
 - 4. Stay hydrated:** Drink plenty of water, which can help prevent flare-ups caused by dehydration.
 - 5. Avoid irritants:** Chlorine in pools or sand at the beach can make symptoms worse. Rinse off after these activities.
 - 6. Moisturize regularly:** Apply fragrance-free lotion to the skin after bathing.
 - 7. Consult a dermatologist:** To help tailor your treatment to your needs.

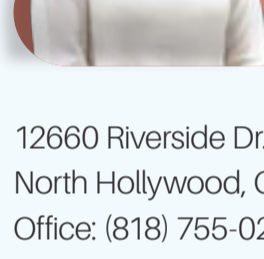
Q: What are the best types of lotions to use for those with eczema?

A: Generally, options include ointments, creams and lotions depending on your skin's needs. Choose fragrance-free and hypoallergenic options to avoid triggering eczema flare-ups. Always test a new lotion on a small patch of skin and wait to see if any reactions occur before applying full-body. Consult with a dermatologist to tailor treatments to your needs.

Source: National Eczema Association



Meet Doctor Elena Kandel



"Taking care of one's skin is so important. I like to help and educate my patients about dermatology and their overall health." - Dr. Kandel

Elena Kandel, M.D. Dermatologist

12660 Riverside Dr., Ste. 225
North Hollywood, CA 91607
Office: (818) 755-0265

Office Hours
Monday - Friday:
8:00 a.m. - 5:00 p.m.

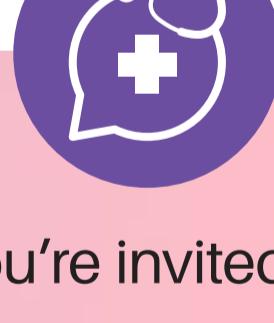
Dr. Kandel is a member of the American Academy of Dermatology and skilled in many areas of dermatology, including diagnosis and treatment of cutaneous cancers and skin conditions. She is also highly trained in cosmetic procedures, including Botox, fillers, and lasers. Dr. Kandel gives her patients the time and attention needed to provide the best personal care that promotes total health and well-being.

Hydration sensation! Sparkling Strawberry Mint Water



Is there anything better than the refreshing taste of freedom? Happy Independence Day, America! One way to help ensure your summer celebrations are healthy and happy is by staying hydrated. We suggest trying this **sparkling strawberry mint water**, bursting with ripe strawberries and fresh mint. This low-calorie drink is perfect for cooling down during hot summer days and nights.

Get the full recipe [here](#).



You're invited!

Doc Talk: What is Congestive Heart Failure (CHF)?

Don't miss this important Doc Talk where you will learn about the risk factors of congestive heart failure (CHF) and how to better manage your condition with proper nutrition and healthy lifestyle behaviors.

CHF, or congestive heart failure, occurs when the heart's pumping ability is impaired, leading to symptoms such as fatigue, shortness of breath, and swelling in the legs and ankles. It can result from weakened or damaged heart muscles, often due to conditions like high blood pressure or heart attacks. Treatment typically includes medications, lifestyle adjustments such as a heart-healthy diet and exercise, and sometimes medical procedures. Managing CHF effectively requires close collaboration with healthcare providers to optimize health outcomes. Dr. Josh Baek, a primary care physician at the West Covina, Lakeside Community Healthcare location and registered dietitian nutritionist Gabriela Espinoza will share all the ways to manage and treat CHF symptoms.



Thursday, July 11, 2024 • 1:00 p.m. - 2:00 p.m.
Merrill Gardens
1400 W Covina Pkwy., West Covina, CA 91790

RSVP here to reserve your spot, or call Fernando Dimas at **(888) 899-4177**.

We look forward to seeing you there!

Your summer just got busier! And we're not apologizing.

Our teams have been busy, and we have a lot of fun things in the works for you this summer. It's true - our joy comes from seeing our members out there participating and having the best time! Take a look at our full list of events and activities in your area and RSVP today. Go on, browse the calendar, hit that RSVP button and let the fun begin.

Visit HealthyWayEvents.com.

