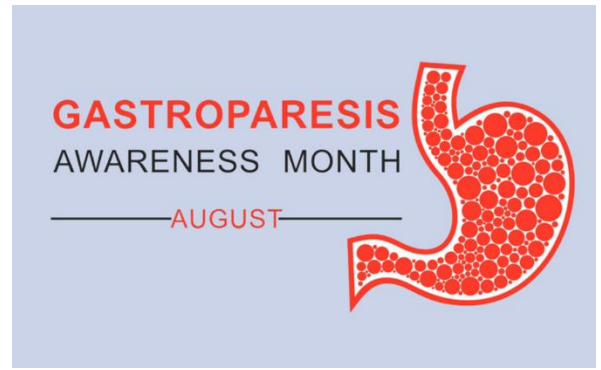


## August 2021 - Health Awareness Topics

**Gastroparesis Awareness** - Gastroparesis is a disorder that occurs when the stomach takes too long to empty food. This disorder leads to a variety of symptoms that can include nausea, vomiting, feeling easily full, and a slow emptying of the stomach, known as delayed gastric emptying. Gastroparesis can be due to a variety of issues. The symptoms of gastroparesis can range from mild to severe. They occur more often in some people than others.

The symptoms of gastroparesis can include:

- upper abdominal pain
- nausea
- vomiting
- loss of appetite
- bloating
- feeling full after only eating a little
- malnutrition
- unintended weight loss



There's no known cure for gastroparesis, but medical treatment can help you manage your symptoms. For more information <https://www.healthline.com/health/gastroparesis#symptoms>



**Psoriasis Awareness** - Psoriasis is an immune-mediated disease, meaning that a dysfunctional immune system is a key cause of the disease. In the case of psoriasis, an overactive immune system can cause a rapid increase in skin cell production that leads to raised, scaly patches on the skin. These patches can be red in Caucasian skin and purple in skin

of color. Many people report that psoriasis itches, burns, and stings.

Psoriasis is not just a skin disease but a systemic one, which means it affects your whole body. It is associated with other serious health conditions, such as diabetes, heart disease and depression. If you develop a rash that doesn't go away with an over-the-counter medication, you should contact your health care provider. For more information go to <https://www.mayoclinic.org/diseases-conditions/psoriasis/diagnosis-treatment/drc-20355845>

**Summer Sun Safety Month** - Spending time outside is a great way to be physically active, reduce stress, and get Vitamin D external. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun. Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can damage skin cells.



Protection from UV rays is important all year, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time).

The UV Indexexternal forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun. For more tips go to [https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)