



# THE RIDER REPORT

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## Protect Yourself Against the Sun

Summertime is happy time. There are always things to do in the sunshine and warmer weather. But just as your clothing changes to make you comfortable, you should be updating your sunscreen to give you the best protection possible.

There's plenty of advertising and some misconceptions about the protection you get when slathering on lotion and spray. Suffice it to say, maintain a practice of always putting sunscreen on your skin 15 minutes before you go out.

According to Dr. Rohit Sharma, a dermatologist in the Lehigh Valley Health Network in Pennsylvania, what's really important is to buy a broad-spectrum sunscreen, one that protects against UVA and UVB rays. The SPF number on the bottle measures UVB rays, the ones that cause sunburn and tanning. UVA rays are more insidious, and they are the ones that go deeper into the skin and cause aging and melanoma.

"An SPF of 30 should be the minimum," says Sharma. "There is no effect after SPF 50. Also look for a water-resistance sunscreen (for fun-seekers in the pool or the beach)."

What does the SPF number really mean? "It is the comparative ratio between the minimal erythema dose (MED), or the time it takes for reddening of the skin or sunburn to start.

SPF 15 prevents reddening 15 times longer than without it. This is theoretical time, as the sun damage can occur without reddening; reapplication of sunscreen is recommended every two hours.

"The Skin Cancer Foundation considers SPF 15 adequate for normal activity and SPF 30 or higher for extended or intense outdoor exposure."

Some companies claim that their sunscreens are waterproof or sweat proof. Are we to believe them? "There are no waterproof sunscreens," says Sharma. "The FDA defines water-resistant sunscreen as meaning the SPF levels are effective after 40 minutes in water. Very water resistant means it holds after 80 minutes of swimming. They need to be reapplied every time after entering and coming out of the water."

Consumer Reports has conducted annual tests for sunscreens for the past four years.

For those who want a sunscreen that is non-greasy, fragrance free and shows no white streaks, it recommends No-Ad Sports SPF 50 lotion as the overall favorite. It is available at Walmart and Walgreen's. Other top performers are:

### Lotions

- La Roche-Posay Anthelios 60 Melt-in Sunscreen Milk (available on-line)
- Pure Sun Defense SPF 50 Disney Frozen – available at Walmart & Target
- Coppertone Water Babies SPF 50 – available at Walmart
- Equate Ultra Protection SPF 50 – available at Walmart

### Sprays

- Trader Joe's Spray SPF 50+ – available at Trader Joe's
- Banana Boat SunComfort Continuous Spray SPF 50+ – available at Target

### Facial Sunscreens

- Avon Sun+ Sunscreen Face Lotion SPF 40 – available at Avon
- Up & Up Ultra Sheer SPF 30 – available at Target

Don't forget the lip balm, and the best one to get is Banana Boat Sports Performance Lip Balm SPF 50. ■



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## SEAT BELT LAWS SAVE LIVES

To most of us, it seems like seat belts and it's "Click it or Ticket" law enforcement code has been with us forever. But the first requirement of vehicles having to have seat belts in all rider positions was in 1968, with New York being the first state to enforce mandatory use of seat belts in 1984.

The Department of Transportation states that over 330,000 lives have been saved in car crashes in a 40-year period, but that it is less than half of those lives which could have been spared if everyone had been buckled up.

Only New Hampshire, the state whose motto is: "Live Free or Die," doesn't have a seat belt law. The Advocates for Highway & Auto Safety (AHAS) reports that 34 states have primary enforcement laws regarding front seat belt usage. Not surprisingly, the top seven states in safety belt usage are ones with primary enforcement laws, meaning if a police officer catches a driver without an attached seat belt, it is an offense.

According to the AHAS, overall seat belt usage has gone way up from 58% in 1994 to 88.5% in 2015. Oregon and Washington are among the best states in seat belt usage.

Oregon is tops at 98%, followed by Washington, in sixth place, at 95%. ■

## Defense Against Zika

The Olympics are next week (Aug. 5–21). On top of the concerns about performance-enhancing drugs taken by international athletes and inadequate housing and safety concerns, the biggest news item comes from the smallest competitor, Zika-virus carrying mosquitos.

The Asian tiger mosquito and the yellow fever mosquito are considered to be the species' deadliest insects in the world, according to the World Health Organization, leading to more than one million fatalities annually. Zika is rarely deadly, but its virus can lead to joint pain, rash and fever. The biggest concern for women is that, in pregnancy, it can cause damage to a fetus' brain and lead to other birth defects as it is transmitted sexually.

### Things to remember to avoid all insect bites:

1. Mosquitos, generally, are attracted to water and attack in the shade of the morning and evening. Direct overhead sunshine can be a friend;
  2. Breezy conditions are a benefit It makes it harder for mosquitos to pick up body scent, carbon dioxide and lactic acid, ingredients that are like homing devices for these little dive bombers;
  3. Light-colored clothing is best in the summer always. Dark colors and black are radar to mosquitos. Long-sleeved is best, but no matter what, tight-knit fabrics are good because they make it harder for mosquitos to penetrate the skin;
  4. Insect repellent is also a must. Consumer Reports recommends Sawyer Picaridin, Ben's 30% Deet Tick & Insect Wilderness Formula and Repel Lemon Eucalyptus.
  5. There's another chemical gaining attention, Permethrin, which can be sprayed on clothing or can be bought already treated. Permethrin acts like an insecticide and can kill mosquitos on contact. L. L. Bean and Ex-Officio sell shirts that are pre-treated.
  6. If you are using sunscreen and insect repellent, always put on the sunscreen first and let it dry before you spray the insect repellent.
- Finally, if you are bitten and begin to show symptoms see your doctor and ask for a blood test. Always remember, safety first. ■

