Better surgical care
NEW SUITE OFFERS MORE ROOM AND MORE COMFORT
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Thriving after an organ transplant
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Support reaches new heights
GALA RAISES $180,000 FOR BEHAVIORAL HEALTH
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Caution: Kids at play

6 TIPS TO HELP KEEP KIDS SAFE THIS SUMMER

Summer, to be a carefree kid of summer. There’s no school, and there’s sunshine all the time. But it’s not all fun and games out there. Some summertime activities for kids call for vigilance on the part of parents and others. For instance:

**Be water-wise.** Children of all ages need a responsible adult to supervise them when around water. Watch kids at all times, and avoid distractions—like answering texts—even if lifeguards are on duty. Children can drown quickly. Never let kids swim in canals or other swift water. If your family goes boating, everyone needs to wear a life jacket.

**Insist on helmets.** Children need bike helmets—even when riding in driveways—to help prevent devastating head injuries. They also need proper helmets (and other protective gear) for skateboards or scooters.

**School them on road safety.** Remind children of a few road rules for cyclists: Ride on the right, facing the same direction as traffic. Obey all traffic signs. Don’t ride at night.

**Practice sun safety.** Help children avoid painful sunburns (which boost their skin cancer risk later in life) and dangerous overheating. Steer kids to shade whenever possible, and have them wear sunscreen with an SPF of 30 that blocks both UVA and UVB rays. Provide plenty of water to drink when kids are active in the heat.

**Give playground equipment a quick safety check.** For instance, are there cushioning safety mats, sand or wood chips? Any bolts or other sharp surfaces sticking out from slides? When in doubt, pick another place to play.

**Leave the fireworks to the pros.** Even sparklers can burn hotter than 1,000 degrees! Check out professional fireworks displays, and avoid the DIY thing.

Sources: American Academy of Pediatrics; American College of Emergency Physicians

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**Clinic now treats children**

Southeastern Family Medicine Residency Clinic offers pediatric clinic visits and services for infants to adolescents, birth through age 21. Family Medicine Resident Physicians treat pediatric patients at the clinic under the supervision of Dr. Ihsan Al-Khalil, a pediatrician with over 30 years of experience who oversees treatment of a full-range of pediatric services including treating children with sickle cell trait and sickle cell disease. Same-day appointments are available for new and established children of all ages. Walk-in visits are accepted, however, appointments are preferred by calling 910-738-2662.
In this issue

10 STRONG BONDS
Organ transplant patients get support from SeHealth experts and each other.

11 MOVE PAST PAIN
How physical therapy can help you feel stronger every day.

SeHealth walk-in clinics
Injuries happen. If they do, Southeastern Health is ready to help. We operate several walk-in clinics in your neighborhood, many with evening and weekend hours. Call for hours of operation.

• Southeastern Health Mall Clinic, 910-272-1175 (Biggs Park Mall, Lumberton)
• Southeastern Urgent Care Pembroke, 910-521-0564 (Southeastern Health Pembroke complex, Third Street, Pembroke)
• The Clinic at Walmart, 910-739-0133 (Walmart Supercenter on Fayetteville Road in Lumberton)
• The Clinic at Lumberton Drug, 910-671-5270 (Fayetteville Road in Lumberton)

HOW MUCH WATER

Women

Men

AVERAGE DAILY NEEDS

91 oz

125 oz

Sources: American College of Nutrition; U.S. Department of Agriculture

LET’S HEAR IT FOR OUR VOLUNTEERS!
Read about how they take compassion to the next level and give the people in our communities better access to care.

MORE EXPERTS TO CARE FOR YOU
Get to know the new providers in our Cardiology and Spine and Pain clinics.

MORE PLAY, LESS PAIN
Is a painful joint keeping you from enjoying life? If you’re not as active as you’d like to be, consider joint replacement surgery.

GARDEN TO TABLE
More veggies, please! Try our recipe for chickpea and butternut squash fritters with field greens.
JUDE BULLARD JR. knows a thing or two about adding meaning to his life. For more than 15 years, the Pembroke retiree has spent most Thursday mornings as a Southeastern Health (SeHealth) volunteer. Often, you’ll find him at our hospital registration desk, greeting everyone who checks in with a warm smile and an offer to escort them to wherever they need to go. No one takes a wrong turn on his shift.

“I know what a difference small acts of kindness can make,” Bullard says. And because he was once hospitalized for months, he knows firsthand how much kindness matters in a hospital, where patients and their families may be anxious about a diagnosis or procedure. He can’t think of a more rewarding place to give back than at SeHealth. “I’d encourage anyone with a good heart to help out,” he says.

An outpouring of care
And it turns out there are many good hearts in our area. Just last year, some 150 adult volunteers donated nearly 14,500 hours of their time—saving SeHealth $420,000 in expenses and extending our outreach.

“Our volunteers take compassion to the next level,” says Alisia Oxendine, BA, MPA, Guest Services Director. “And they also give the people in our communities better access to care.”

Here’s a brief look at the good they accomplish. They help:

- **Soothe newborns in distress.** Our volunteers cuddle babies who are born dependent on drugs and are going through withdrawal. This close contact helps soothe the babies. It also reduces the amount of medicine they need to ease symptoms, such as excessive crying, shaking and diarrhea.

- **Provide people access to crucial medical care.** Last year alone, our volunteers logged 12,000 miles—using their own cars—ferrying area residents to and from medical appointments they otherwise might have missed because of a lack of transportation,” says the Rev. Dean Carter, MDiv, Pastoral Care Coordinator.

This outreach is the result of **Compassion for U Congregational Wellness Network**, a faith-based program that relies on volunteers to address local health issues. The Rev. Carter launched it at SeHealth, and we remain a lead partner. Locally, 21 churches and 15 organizations have joined forces to organize events that range from medication giveaways for those in need to free health screenings and CPR training.

- **Provide spiritual care.** Our volunteer clergy provide spiritual support for families and patients in our Emergency Department and Intensive Care Unit and those with chronic health problems, such as people on dialysis.

- **Support the terminally ill.** Many of our volunteers travel to the homes of our hospice
Honoring a sister’s memory

There are so many ways to honor a loved one’s memory. But could serving coffee possibly be one of them?

For Elizabeth Tyner, 86, the answer is an emphatic yes. For two decades before her older sister’s death last year, the siblings served free coffee to our patients and families every Monday morning. Together they dispensed not just coffee but comfort.

Now Tyner is pulling that coffee cart down the hospital’s hallways alone. “It’s a bit heavy,” she says, “and I wasn’t sure I could manage on my own. But if I take my time, I can.”

And while many of us don’t look forward to Monday mornings, Tyner always does. “When I make my rounds, it’s as though I’m honoring my sister and she’s right there with me,” Tyner says. “And we’re all infinitely better for giving.”
Southeastern Health & Duke Health

a powerful combination against heart and vascular disease.

SOUTHEASTERN CARDIOLOGY AND CARDIOVASCULAR CLINIC
SOUTHEASTERN HEALTH

Duke Health AFFILIATE IN HEART

2934 North Elm Street, Suite 103
Lumberton, NC 28358

(910) 671-6619
Interventional Cardiologist William Herzog, MD, a Duke Health physician, has joined Southeastern Cardiology and Cardiovascular Clinic and Southeastern Health Heart and Vascular.

Dr. Herzog earned a bachelor’s degree in chemistry with biological specialization from Duke University in 1978. He completed a medical degree in 1982 and an internal medicine residency in 1987, both from Duke University. He completed a fellowship in cardiovascular disease in 1989 and in interventional cardiology in 1990, both from George Washington University in Washington, DC. He is board-certified in internal medicine, cardiovascular disease, interventional cardiology, and by the Certification Board of Nuclear Cardiology.

Before joining SeHealth, Dr. Herzog worked with Johns Hopkins Regional Physicians in Columbia, Maryland.

Southeastern Cardiology and Cardiovascular Clinic, an affiliate of SeHealth, is located within the Southeastern Health Mall on the campus of Biggs Park Mall at 2934 N. Elm St., Suite 103, in Lumberton.

To learn more or schedule an appointment, call 910-671-6619.

Certified Physician Assistant Teresita C. Ruoff has joined Southeastern Cardiology and Cardiovascular Clinic.

Ruoff completed a bachelor’s degree from Universidad Simon Bolivar in Venezuela in 1990. She also earned a master’s degree in finance from Instituto de Estudios Superiores de Administración in 2003.

She completed a master of medical science degree in physician assistant studies from Methodist University in Fayetteville, North Carolina, in 2010.

Before joining SeHealth, she worked for Cumberland Cardiology, as well as the Pain and Laser Center, both located in Fayetteville. She speaks both English and Spanish.

Southeastern Cardiology and Cardiovascular Clinic, an affiliate of SeHealth, is located within the Southeastern Health Mall on the campus of Biggs Park Mall at 2934 N. Elm St., Suite 103, in Lumberton. For more information or to schedule an appointment with Dr. Herzog, call 910-671-6619.

Nurse Practitioner Summer Bryant-Cook has joined Southeastern Spine and Pain, an affiliate of Southeastern Health.

Bryant-Cook resides in Dillon, South Carolina. She earned an associate’s degree in nursing from Florence-Darlington Technical College in Florence, South Carolina, in 2004. She completed a bachelor’s degree in nursing at Francis Marion University, also in Florence, in 2012 and a master’s degree in nursing from Walden University in Baltimore in 2015. She is certified as a geriatric nurse practitioner.

She most recently worked with Palmetto Family Medicine in Cheraw, South Carolina. She also worked in various roles with McLeod Regional Medical Center in Florence, South Carolina, for 11 years.

Bryant-Cook joins Thomas Florian, MD, and Kailash Chandwani, MD, at the clinic, which is located within Southeastern Health Park at 4901 Dawn Drive, Suite 3300, in Lumberton.

For more information or to schedule an appointment, call 910-671-9298.
SeHealth unveils new OR suite

SOUTHEASTERN HEALTH unveiled its new operating room (OR) suite—located within Southeastern Regional Medical Center—to its board members, physicians, stakeholders and staff the week of March 18, 2018. The $15 million suite features a new endoscopy room, new preoperative and postoperative surgery areas, four state-of-the-art operating rooms, a new surgeons’ lounge, an extra-large supply room with increased equipment storage, and several environmental upgrades, including high-tech air temperature and humidity controls for patient and surgical team comfort.

“The opening of this OR suite is a significant milestone for Southeastern,” says SeHealth President/CEO Joann Anderson. “Between the ambulatory surgery center and this new suite, we now have available to our surgeons state-of-the-art operating rooms for inpatient and outpatient surgical cases. This will enhance our ability to recruit providers and improve efficiency and the overall surgical environment.”

Is it time to replace that worn-out joint?

IF A PAINFUL HIP, knee, shoulder or other joint is keeping you from enjoying life, you may want to consider replacing it with an artificial joint. For many people, total joint replacement surgery is a good way to repair a damaged joint and relieve chronic pain.

In general, there is no set upper age limit for joint replacement patients. Instead, your doctor will look at your overall health, weight and fitness for surgery before recommending joint replacement.

Total joint replacement surgery isn’t for everyone, however, and it should be looked at as the last treatment option for damaged joints. It should be considered only if medications, physical therapy and other treatments don’t provide relief.

Sources: American Academy of Orthopaedic Surgeons; Arthritis Foundation

If you have any of these problems, talk to your doctor about total joint replacement surgery.

You may be a candidate for joint replacement if you are in good health but:

- Can't sleep at night because of joint pain.
- Have tried a series of medications that don’t relieve your pain or no longer work.
- Feel the pain is keeping you from regular outings, such as visiting friends or going shopping.
- Have trouble with routine activities, such as getting out of a chair or climbing stairs.

For more information about joint surgery, visit Southeastern Orthopedics’ website at seorthopedics.org.
Better for everyone

Sam Britt, MD, SeHealth’s Department of Surgery Chairman and a general surgeon with Southeastern Surgical Center, is excited to perform surgery in the new ORs.

“This is a major advancement, not only in patient experience but also provider experience,” says Dr. Britt. “The new equipment and more space allows providers and staff to be more comfortable. The new waiting room on the second floor means that family will not be a great distance away from the patient and the surgeon. The flow of the patients through the surgical experience in the new OR is natural.”

Check it out! A virtual tour of the new operating room suite is available on YouTube at youtu.be/LopOvv5_x60.

One of four new operating rooms at Southeastern Regional Medical Center.

7 questions for your surgeon

Before going ahead with any surgery, be sure to ask your doctor these questions:

1. Why do I need this operation?
2. What will happen if I don’t have this procedure now?
3. Are there other treatment options—and is this surgery the best option for me?
4. What are the risks and possible complications of this surgery?
5. What is the success rate for this procedure?
6. Will I need any special preparation for this surgery, such as medical tests, a blood donation or a change in my medicines?
7. What can I expect for my recovery—for instance, will I need home care and when can I return to work or drive again?

Sources: American Academy of Orthopaedic Surgeons; American College of Surgeons

Visit sesurgicalcenter.org to learn about SeHealth’s general surgery clinic, Southeastern Surgical Center.
FOR MOST PEOPLE, exercise is a choice they make to improve their health and, perhaps, to reduce their weight. For Herbert Oxendine, Ray Shaw and Ron Jones, their visits to the local gym became necessary to reclaim their health following organ transplants.

Oxendine, 61, of Shannon, underwent a double lung transplant due to lung disease at UNC Medical Center in October 2013. Shaw, 75, of Lumberton, traveled to Pittsburgh to receive a donor lung because of pulmonary fibrosis in March 2015. After two open-heart surgeries and several bouts with infections, Jones, 62, also of Lumberton, received a heart transplant at UNC Medical Center in December 2015.

As is standard care following a heart or lung transplant, each of the men’s physicians prescribed cardiopulmonary rehabilitation. Each had knowledge of the program at Southeastern Health’s Southeastern Lifestyle Fitness Center in Lumberton because they had completed it in the past as part of managing their heart and lung issues before a transplant was necessary.

Help to thrive
James C. Jacobs, a clinical exercise specialist with SeHealth’s Cardiopulmonary Rehabilitation department, believes there are several reasons why patients thrive in the rehab program.

“The patients are actually under someone’s care while they are completing our program, and they get that assurance that if something goes wrong, they have qualified people around to take care of them,” says Jacobs. “Also, being in a setting with others who have serious health issues gives them a sense of not being alone.”

Cardiac and pulmonary rehab offer similar medically supervised exercise programs, which span 36 sessions spread over three sessions each week. A team, including physicians, nurses, exercise professionals and dietitians, collaborates to provide the best possible care for each patient. In addition to exercise, participants are informed about a variety of topics, including dietary choices and relaxation.

“Patients’ willingness to complete our rehab program is really all in how and when it is presented,” adds Jacobs. “If you just say ‘exercise’ to people, they think it’s very hard, more like what they see on television. They don’t understand that it can be adjusted to their individual level. Once we explain the program, they typically embrace it and, like our transplant patients, continue with their own fitness schedule once their time in rehab has ended.”

Hope and hard work
While Shaw decided to extend his rehab program by enrolling in a longer-term program known as Health Strides, Oxendine and Jones visit the fitness center three to five times a week to continue what they started in the cardiopulmonary rehab program.

“It is all in how you cope, have faith and seek to improve your health,” says Oxendine.

Jones was actually inspired by Oxendine’s dedication and success.

“I was inspired by how he faced his health issues and didn’t hide from them,” says Jones. “When you are dealing with an illness, you have to approach it with faith and hopefulness and work as hard as you have ever worked in your life.”

SeHealth’s Cardiopulmonary Rehab program helps people who have had:

- Heart attacks, cardiac bypass surgery, coronary stents, valve replacement or repairs, heart failure, a heart transplant, and stable angina.
- Chronic obstructive pulmonary disease; emphysema; chronic bronchitis; sarcoidosis; pulmonary fibrosis; pulmonary hypertension; and lung cancer or other conditions deemed medically necessary, such as lung transplants.
WHAT CAN PHYSICAL THERAPY do for you? More than you might expect.
Physical therapy (sometimes called PT) isn’t just for those recovering from knee or back surgery. It’s a powerful tool that can help you work toward pain-free movement, so you can do more of the things that matter to you.

PT can benefit many people, including:

- **Those with chronic pain.** PT is a safe, effective alternative to prescription opioids—and more and more doctors are recommending it. While drugs mask pain, PT can help you work through it.

- **Those looking to avoid surgery.** In search of a noninvasive way to treat an injury? PT may work just as well for conditions like meniscal tears, rotator cuff tears, knee osteoarthritis, degenerative disk disease and some spinal problems.

- **Older adults.** PT can help seniors improve their mobility, strength and balance—so they can be more active and independent.

Physical therapists are experts trained in movement. They can help you reach your function or pain goals with a personalized plan involving exercise, stretches and hands-on therapy.

Best of all, getting started is easy. PT can happen almost anywhere—including in your own home. Ask your doctor if you might benefit from PT.

Source: American Physical Therapy Association

**Tech neck = #ouch**
Hunching over devices for hours can put a painful strain on your neck and back.

Here’s a look at how a forward head position increases the force on the neck.

<table>
<thead>
<tr>
<th>Position</th>
<th>Neutral</th>
<th>30 degrees</th>
<th>60 degrees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Force on neck</td>
<td>10 to 12 lbs.</td>
<td>40 lbs.</td>
<td>60 lbs.</td>
</tr>
</tbody>
</table>

**Whoa!** In an upright neutral position, an adult head weighs 10 to 12 pounds. As the head tilts forward, greater force is put on the neck. At a 30-degree angle, it’s about 40 pounds. At 60 degrees, it increases to 60 pounds.

**ARE YOU HURTING NOW?** If you’re living with neck or back pain, talk with your primary care doctor or call 910-738-4554.

**HEADS UP!**
These tips can help prevent tech-neck pain:

- **Fix your posture.** Aim to keep your neck in an upright position.

- **Take breaks.** Get up and stretch frequently.

- **Set limits.** Reduce the excess time you spend on smartphones, tablets or laptops.

Sources: North American Spine Society; Surgical Technology International, Vol. 25
Gala raises record-breaking $180,000 for behavioral health

Thanks to the incredible generosity of so many, the Southeastern Health Foundation’s 26th annual Shine a Light on Behavioral Health—A Gala of Grateful Giving, presented by Robins & Morton, raised $180,000.

The 2018 gala proceeds will benefit patients by supporting SeHealth’s efforts to expand our behavioral health room capacity and to create patient therapeutic activity spaces. The addition of these designated rooms and therapeutic spaces will allow patients with psychiatric and substance abuse emergencies to receive the specialized treatment they need in a safe, secure environment at Southeastern Regional Medical Center.

More than 627 guests danced the night away to the sounds of Liquid Pleasure, sponsored by Campbell University, at the Southeastern Agricultural Center in Lumberton on Feb. 23. Local caterers worked together to provide the wonderful food for the event: Fuller’s Old Fashion Bar-B-Q, Denise’s Culinary Creations, New South Catering and the Southeastern Health Food Services department.

Flowers By Billy, Greenstate Landscaping, and the Foundation Gala Chairs and Committee used white linens, lighting effects, candlelight, mirrors and crystal decorations to emphasize the Shine a Light on Behavioral Health theme from the moment guests arrived and throughout the venue.

Chairing the gala committee were Kenny and Bonnie Biggs and Chelsea Biggs. They and SeHealth President and CEO Joann Anderson; her husband, Terry; SeHealth Board Chairman Kenneth Rust; and his wife, Lisa, who is a member of the SeHealth Foundation Board, were on hand to greet guests as they arrived.

The evening included three fundraising opportunities: a jewelry raffle for a stunning 1.5 carat diamond pendant and earrings set donated by Bob’s Jewel Shop, an art auction with beautiful pieces created by local artists, and the newly introduced and successful wine pull.

Sissy Grantham, Executive Director of the SeHealth Foundation, expressed appreciation for the gala chairs’ and committee’s vision, the dedication of all volunteers and, most importantly, the outstanding community support for behavioral health.

“Together, with supporters on all levels, we reached new heights for Southeastern Health,” says Grantham.
3-D Mammography
NOW AVAILABLE IN LUMBERTON

The Genius™ 3-D Mammography technology allows doctors to examine breast tissue layer by layer, like the pages of a book.

Southeastern Radiology Associates now offers 3-D mammography using the latest technology with the fastest available scan time. Instead of viewing all of the complexities of breast tissue in a flat image, fine details are more visible and no longer hidden by the tissue above or below, resulting in fewer callbacks.

The area's only Breast Imaging Center of Excellence.

Southeastern Radiology Associates

Southeastern Health.
Better Health Starting With You.
HYDRATE WITH FOOD

FOODS MADE UP MOSTLY OF WATER:

- ICEBERG LETTUCE: 96%
- PICKLE: 94%
- CANTALOUPE: 90%
- BUTTERNUT SQUASH: 88%
- APPLE: 86%

Source: U.S. Department of Agriculture

Thirty years of providing top-quality home care.

Since 1984, Southeastern Home Care Services has provided exceptional physician-ordered care and equipment to meet virtually all of a patient’s home-care needs. Backed by the full resources of Southeastern Health, you can be assured of exceptional quality and an in-depth network of support.

SOUTHEASTERN HOME CARE SERVICES

2002 N. Cedar St., Suite B, Lumberton, NC 28358 | (910) 671-5600
Chickpea and butternut squash fritters with field greens

Makes 4 servings.

Ingredients

YOGURT DILL SAUCE
1 cup low-fat, plain Greek yogurt
2 tablespoons finely chopped fresh dill
1 clove garlic, minced
½ teaspoon lemon zest
1 teaspoon lemon juice
Salt and freshly ground white or black pepper

SALAD DRESSING
1 tablespoon lemon juice
1 tablespoon extra-virgin olive oil
Salt and freshly ground black pepper

CHICKPEA AND BUTTERNUT SQUASH FRITTERS WITH FIELD GREENS
2 cups (10 ounces) cubed butternut squash
1 can (15.5 ounces) chickpeas, drained
3 tablespoons whole-wheat flour
1 large egg
4 scallions, coarsely chopped
1 large clove garlic, minced
2 teaspoons chopped fresh sage leaves
¼ teaspoon cumin
¼ teaspoon red pepper flakes
Coarse salt and freshly ground pepper to taste
2 tablespoons canola oil or extra-virgin olive oil, divided
8 cups field greens (5-ounce package)
¼ cup coarsely chopped, toasted, skinless hazelnuts

Directions

- For yogurt dill sauce, in small bowl, combine all ingredients and mix well. Pour into small serving bowl, and set aside.
- For salad dressing, in small bowl, combine lemon juice and oil, season to taste with salt and pepper, and set aside.
- For chickpea and butternut squash fritters, in large saucepan with a steamer basket, steam squash until tender, about 10 to 12 minutes. Transfer squash to food processor. Add chickpeas, flour, egg, scallions, garlic, sage, cumin and pepper flakes. Pulse until blended yet slightly chunky. Season with salt and pepper.
- Heat 1 tablespoon oil in large skillet over medium-high heat. Gently drop six scant ¼-cup portions of mixture into pan, and gently press into round patties with back of measuring cup or spatula. Don’t overcrowd skillet. Sauté fritters until golden brown on bottom, about 3 to 4 minutes. Heat may need to be adjusted for optimal browning.
- Carefully turn over each fritter and sauté until other side is golden brown, about 3 to 4 minutes. Transfer fritters to plate and cover with foil to keep warm. Use remaining oil to sauté remaining 6 fritters. There should be 12 fritters in total.
- In large bowl, add salad greens. Stir salad dressing, and pour over greens. Add hazelnuts, and gently toss together.
- Arrange greens on large serving platter or four individual dinner plates. Arrange all fritters on top of greens if serving on platter or 3 fritters on each individual plate. Serve with yogurt dill dressing on the side or drizzle on fritters and serve.

Nutrition information

Serving size: 3 fritters. Amount per serving: 400 calories, 18g total fat (2g saturated fat), 47g carbohydrates, 17g protein, 10g dietary fiber, 392mg sodium.

Source: American Institute for Cancer Research
SUMMER SKIN: How to keep yours HEALTHY

BE POOL SMART.

Even when it’s hot and humid, you can still have dry, irritated skin—and often the culprit is pool water. Keep your skin moist by showering immediately after a dip in any pool. Use fresh, clean water and a mild cleanser or body wash made for swimmers.

COVER UP.

Whenever possible, wear long-sleeved shirts and long pants outside. Tightly woven fabrics provide the best protection from the sun’s damaging rays.

SLATHER ON SUNSCREEN.

Go for one that offers broad-spectrum protection, has an SPF of 30 or higher, and is water-resistant. Reapply every two hours or after swimming, sweating or toweling off.

TOP OFF WITH A HAT.

To protect your face, ears and the back of your neck from the sun, wear a hat with a broad rim all the way around.

DON’T FORGET SUNGLASSES.

They protect your eyes from sun exposure and also reduce your risk of cataracts. Wraparound sunglasses that block 99 to 100 percent of all UV light are the best choice.

TIME YOUR OUTDOOR WORKOUTS.

Exercise during the coolest part of the day. You’ll reduce your risk of prickly heat (heat rash) if you don’t sweat profusely.

BLOT SWEAT.

Use a clean towel or cloth. Wiping can irritate your skin and cause breakouts if you’re prone to acne.

Use a sunscreen that offers broad-spectrum protection, has an SPF of 30 or higher, and is water-resistant.