

THE ADVOCATE

Health tips and resources for MCG employees and their families



THE SKIN YOU'RE IN

How to protect your skin from disease and reduce signs of aging

SKIN MYTHS - DEBUNKED

- **The right skin cream can keep your skin looking young.** There's hundreds of skin products that claim to slow or reverse the aging process, but the best ways to prevent wrinkles are using sunscreen and not smoking.
- **Eating chocolate or oily foods causes oily skin and acne.** Acne is caused by an oily substance called sebum, which is made and secreted by the skin. There's no evidence that any specific food causes acne.
- **Vitamin E will make scars fade.** There's little evidence to support this claim. Talk to your surgeon or dermatologist if you have concerns about the appearance of a scar.
- **Crossing your legs causes varicose veins.** There are a number of risk factors for varicose veins, with inherited genes being the top, but crossing your legs is not one of them.
- **Scalp massage can prevent baldness.** There's simply no evidence that scalp massage prevents baldness, tempting as it is to believe.

SKIN DAMAGE AND SMOKING

You already know that smoking isn't good for your body. It also causes skin damage, like discoloration, wrinkles, and cancer. Here are some of the effects smoking can have on your skin:

1. Damages the collagen and elastin, causing wrinkles to form earlier than they usually would, particularly around the mouth.
2. It causes the blood vessels to constrict, leading to premature aging of the skin, poor wound healing, and spider veins.
3. It causes skin cancers, particularly around the mouth.
4. Can cause you to develop an orange or gray tone to your skin
5. It causes yellowing of the fingers that you typically hold the cigarette with, known as tar stains

There is good news! Once you quit smoking, your skin will start to look healthy again. The wrinkles will not go away, but the collagen and elastin will return, and your skin tone will return to a healthy glow. When you are ready to quit, call Vanessa Rene at 941-748-4501 ext. 6418.

SEE FOR YOURSELF SMOKERFACE - Free App

Take a selfie and see the effects of smoking on your own face in 3D. As this facemorphing app reminds you, quitting smoking is the best way to improve your overall health and outward appearance .

Available on the App Store and Google Play



USE SUNSCREEN TO PREVENT SKIN DAMAGE

Painful sunburned skin and skin cancer can be avoided simply by using sunscreen with SPF 15 every day, and a higher SPF of at least 30 when spending an extended time outside. Apply all over 30 minutes before going outside and re-apply every 2 hours.



We invest in a holistic wellbeing approach and offer programs and services in the areas of physical, emotional, financial, community, and career health. When each of these areas are well, our employees are able to bring their best selves to work and help us make Manatee County a premier place in which to live and work and play.

NUTRIENTS FOR YOUR HEALTHY SKIN

By Katherine Zebrowski, Nutrition Intern

Do you struggle with acne or eczema? You are not alone. These are two of the most common skin conditions people have to deal with. When we eat healthfully, we nourish our bodies – this means our skin too! The food we eat provides nutrients to our entire body and can promote healthy skin.



Acne

Some foods, like sugar and other carbohydrates cause blood sugar to quickly rise and requires the pancreas to secrete extra insulin. We have learned that higher insulin level will stimulate the oil glands to produce more oil. Since one of the major causes of acne is overproduction by oil glands, higher insulin levels may be the culprit. Increasing your intake of some of these nutrients can help decrease risk or severity of acne: vitamins A and E, zinc, and antioxidants.

Eczema

To make sure your body has the proper building blocks for healthy skin and to reduce inflammation, make sure to get enough healthy monounsaturated, and Omega-3 fats. We all know that eating whole, real foods are best. Some treats like berries and dark chocolate, are packed with antioxidants. Antioxidants help reduce inflammation and have a strong protective effect against skin damage. Omega-3 fatty acids are also great for protecting the skin. Fish oil contains high levels of omega-3 fatty acids, which are anti-inflammatory. In general, it's recommended that you get at least 250 mg of omega-3 fatty acids daily, preferably from food. Eating more food with these nutrients can help reduce eczema flareups.

Here is a list of foods that can promote healthy skin and reduce the damaging effects of sunburn too!

- **Vitamin A:** liver, sweet potato, carrots, black-eyed peas, and spinach
- **Vitamin E:** sunflower or safflower oil, nuts, spinach, and broccoli
- **Zinc:** pumpkin seeds, cashews, turkey, quinoa, lentils, oysters, crab
- **Antioxidants:** dark chocolate, pecans, blueberries, goji berries, kale
- **Healthy fats:** salmon, sardines, fresh avocado, avocado oil, sunflower oil, nuts, chia seeds



Have a skin rash or weird skin blemish? Teladoc can help with that. In addition to general medical doctors, pediatric doctors, allergists, and therapists, Teladoc also has U.S. board certified dermatologists who can give you a diagnosis and treatment plan customized to fit your specific needs within two days or less. Learn more at [Teladoc.com/Aetna](https://www.teladoc.com/Aetna) .

EXERCISE: THE ANTI-AGING AGENT OF THE SKIN!

Let's start with a quick science lesson. Our cells, including our skin cells, require Adenosine triphosphate (ATP), which is produced by mitochondria (organelles that provide energy to cells) to function properly. As we age, mitochondria and ATP development slow down. In the world of our skin, this means we show signs of aging with the loss of collagen and elasticity giving way to fine lines and wrinkles. As of today, there is no scientific intervention to control the slow down or loss of mitochondria and ATP at the cellular level. But there is something we all can do to fight against this cellular decline, and this is to move!

Exercise has been proven to improve mitochondria development, function, and survival in all cells, including skin cells. One study confirmed that athletes enjoy healthier skin with a thicker derma (middle layer of our skin) which contributes to the overall integrity of the skin and minimizes the signs of aging. Consistency with exercise may be the silver bullet in body health, healing from the inside out! Oh, and you can also enjoy the immediate effects of exercise on the skin each time as well by pumping more oxygenated and nutrient dense blood to your skin, giving you that after-workout glow!

IF YOU HAVE ECZEMA...

When you exercise, your body sweats in order to cool off. However, the increase in temperature and sweat can lead to irritation. That's because sweat contains sodium, urea and lactate which can dry out your skin.

To prevent your skin from irritation, hydrate before, during, and after your workout. You should also consider loose, breathable cotton instead of moisture-wicking clothing. For added protection, apply moisturizer before your workout and after your shower to create an extra barrier of protection and wipe sweat off regularly.



PSYCHODERMATOLOGY

A relatively new field of study, Psychodermatology, is based on the brain-skin connection. For example, when you're embarrassed, your skin may flush. Or, when you're nervous, you may break out in hives.

Having a visible skin condition like psoriasis or eczema can cause stress. In a vicious cycle, stress and depression can make skin conditions worse, especially acne, rosacea, psoriasis, itching, eczema, and hives. Some skin conditions, like skin picking, can be a sign of underlying mental disorder, such as attention deficit disorder or obsessive-compulsive disorder.

The good news is, treating the psychological disorder can improve your skin condition.

If you are dealing with stress or other mental or behavioral health concerns, LAMP can help. All Manatee County Government employees receive 5 free sessions with a licensed therapist. Call the confidential LAMP line at **941-741-2995** to make an in-person or telehealth appointment (in English or Spanish). Health Plan members can also utilize Teladoc to connect with a therapist or dermatologist virtually.

SKIN INFECTIONS





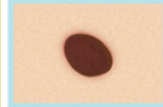




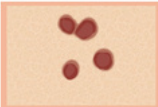
Our skin, the largest organ of our body, is covered by billions of microorganisms. Most of these microorganisms are harmless and actually function as a protective barrier. Any time the skin is cut, burned, or damaged we lose our protective barrier and are at risk of microorganisms entering our bloodstream and causing an infection.

Skin bacterial infections require antibiotic treatment. Depending on the severity of the bacterial infection the antibiotic will vary. Severe bacterial infections such as MRSA require IV treatment.

Skin fungal infections can be treated with topical or oral antifungals. Some topical antifungals can be purchased over the counter; however, all oral antifungals require a prescription. Over the counter antifungals include: Lamisil, Lotrimin, and Tinactin.

Skin viral infections usually consists of shingles, chickenpox, cold sores, and warts. Viral infections require treatment by a medical professional since untreated infections could have serious long-term effects. However, for minor infections like cold sores or warts, over the counter treatments can be used. Be aware, certain warts warrant a visit to a doctor, such as if it does not respond to over the counter treatment, causes pain, or if you have multiple.

ABCDEs MOLE OR MELANOMA?

MOLE FEATURES		BENIGN	SEE DOCTOR
A	ASYMMETRY ONE HALF OF A MOLE DOES NOT MATCH THE OTHER.		
B	BORDER THE EDGES ARE IRREGULAR, RAGGED, NOTCHED, OR BLURRED. NORMAL MOLES ARE ROUND OR OVAL.		
C	COLOR THE MOLE IS NOT EVENLY COLORED. IT MAY INCLUDE SHADES OF BROWN OR BLACK, OR PATCHES OF PINK, RED, WHITE OR BLUE.		
D	DIAMETER THE SPOT IS LARGER THAN 6 MILLIMETERS ACROSS	 LESS THAN .25 IN	 GREATER THAN .25 IN
E	EVOLVING THE MOLE IS CHANGING IN SIZE, SHAPE, OR COLOR.		



SPOTLIGHT ON COMMUNITY WELLBEING

Wellness Champions across the County are incorporating community wellbeing activities at their worksite. Feeling like part of a community is an important part of personal wellbeing and your overall health. And when you work with your colleagues to benefit your community, you're more likely to feel connected at work. Here are examples of just a few worksites who engaged in Community Wellbeing activities.



"Wellbeing at Work is an outlet that carries so much significance to our personal goals. And a selfless act of coming together for a cause, like participating in the **Food Bank of Manatee's End Hunger campaign**, is always a good way to feel good."

Aida Robbins, Employee Health Benefits



"**Earth Day Clean Up** was my favorite - we got outside at Bray, we saw the rest of the divisions respond with their email pictures across the county. It brought us together to enjoy fresh air, smiles and helping the environment."

Molly White, GT Bray

UPCOMING EVENTS

[Learn more and register at manateeyourchoice.com/register](https://manateeyourchoice.com/register)

Successful Retirement Strategies
(2-class series)

July 10 & 24; Sept 11 & 18

What's the Connection?

July 13 & 15

DROP: How to invest with no market risk

July 23

Women and Wealth

August 13

T1 Listening Session

Multiple Dates

Survival Skills Wrap Up

Multiple Dates

WOW YourChoice Advocates Are Available to Help!



ALLISON MINARDI
Worksite Wellness Manager
aminardi@manateeyourchoice.com
x3667

- Ergonomics & Desk Station set up
- Posture Assessments
- Pre-Work Stretch program



ALMA LEON, PHARM D, RPH
Pharmacy Advocate
aleon@manateeyourchoice.com
x6406

- Consultations
- Prior Authorizations
- Cost Saving Opportunities
- Compound Prescription Reimbursement
- Pharmacy or medication related questions



CLARIBEL GILL, MS
LAMP Counselor & Psychiatric Clinic Coordinator
cgill@manateeyourchoice.com
x6408

- Individual, couples, and family counseling.
- Schedules appointments for in-house counseling, Psychiatric ARNP, and assists with medication management calls.



DEBBIE MISKELL, RN
Nurse Advocate
dmiskell@manateeyourchoice.com
x6407

- Pre-authorizations
- Proper sleep, bone health, & heart health
- Healthy Pregnancy
- Provider Referrals
- Nurse Related Questions



FLOREY MILLER, CDE, RD
Nutrition & Diabetes Advocate
fmiller@manateeyourchoice.com
x6410

- Help managing diabetes
- Discuss nutrition and diet
- Assess risk for diabetes



JENNIFER RUIZ, RN
Nurse Advocate & Health First Coord.
jrui@manateeyourchoice.com
x6409

- Nurse Advocacy
- Health First
- Bariatric Program Coordinator
- Healthy Weight Resources
- General Health Guidance
- Community Physician Referrals



JULIE DRACKETT
Fitness Coordinator
jdrackett@manateeyourchoice.com
x3966

- Learn stretches and strengthening moves to support mobility and decrease discomfort
- workspace ergonomic assessments
- Fitness Programs



RANDI MCDOWALL, LCSW
LAMP Supervisor/Care Coordinator
rmcdowall@manateeyourchoice.com
x6469

- Worksite programing regarding Behavioral Health Topics
- Help finding in-network Therapists/ Psychiatrists
- Coaching sessions for members participating in certain wellbeing programs



VANESSA RENE, CPHT, RPHT
Pharmacy & Tobacco Advocate
vrene@manateeyourchoice.com
x6418

- Tobacco Cessation Aids
- Prior Authorizations
- Vaccination Questions
- Compound Reimbursements
- Pharmacy Related Questions



Visit us at manateeyourchoice.com