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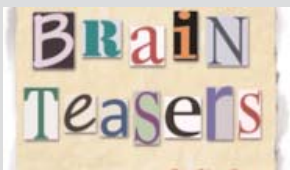
- Are you feeling the “heat” this summer?
- Tips for Limiting Sun Exposure
- Brain Teaser Contest
- Referral Winner

Don't forget to visit our website at: www.ptpti.com. If you have any comments or suggestions, please feel free to call us at 724-744-7200.

REFERRAL APPRECIATION

Penn-Trafford Physical Therapy Inc., would like to thank those patients who recommended us to their family and friends. Their names will be entered into a drawing for a gift card. So if you recommend us to others, you too can have your name entered into a drawing for a gift card.

Marylou Crouse will receive a gift card for being selected from our last referral appreciation drawing. Thank you!



This issue's brainteaser is challenging, make sure you really think this one through...

Working Working Working
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The first 25 callers who solve and call with the answer will have their names entered into a drawing for a gift card. Call 724-744-7200 with your answer.

We had 20 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **John Bonay**. Congratulations John and to all who correctly solved the brainteaser. Last newsletter's brain teaser:

Broken Promise



P E N N - T R A F F O R D
PHYSICAL THERAPY, INC.

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Welcome to our 50th Penn-Trafford Physical Therapy Inc. Newsletter



Are you feeling the “heat” this summer? Temperatures have been rising rapidly as we get more and more into the dog days of summer. It's so important to avoid the sun during peak sun intensity hours, protect your skin from harmful rays, stay hydrated and of course always wear sunscreen if you have to be outside. Penn-Trafford Physical Therapy has provided you with some helpful tips for limiting sun exposure, take a few minutes to read the article “*Tips for Limiting Sun Exposure*” below, we're sure you'll find it beneficial!

Penn-Trafford Physical Therapy hopes your summer finds you “pain-free”! But if those aches, pains or even injuries occur...you know where to find us, we're always here to help! Give us a call at 724-744-7200 and we'll be happy to schedule an appointment for you.



Tips for Limiting Sun Exposure

Avoid peak sun intensity hours



This is an ideal strategy for limiting time in the sun. As the sun moves higher in the sky, the sun's rays become more intense and damaging to the skin and eyes. This is because the ultraviolet (UV) light travels a shorter, more direct distance to reach the Earth.

The peak sun intensity hours, when UV light is strongest, are between 10 a.m. and 3 p.m. standard time or 11 a.m. and 4 p.m. daylight savings time. When possible, plan your outdoor activities for early morning or late afternoon when the sun's rays are less intense. By avoiding sun exposure during peak hours, sun exposure may be reduced by as much as 60%.

If outdoor activities during these peak times are unavoidable, encourage the use of protective clothing and sunglasses, suggest playing in shaded areas, and always use sunscreen.

Risk Factors for Harmful Effects of UV Radiation

Remember, people of all skin colors are potentially at risk for sunburn and other harmful effects of UV radiation, so always protect yourself. Be especially careful if you have:

- pale skin
- blond, red, or light brown hair
- been treated for skin cancer
- a family member who has had skin cancer

If you take medications, ask your health care professional about sun-care precautions. Some medications may increase sun sensitivity. Even on an overcast day, up to 80 percent of the sun's UV rays can get through the clouds. Stay in the shade as much as possible.

Provide adequate shade

Shade can help protect you from the sun, but not all shade is created equal. The quality of shade an object provides depends on the sun's position in the sky, the size of the object making the shadow, and how much sunlight can penetrate the object. When the sun is high in the sky, during peak sun intensity hours, shade areas are usually small. The best time to find large areas of shade is early in the morning or late in the afternoon. *

*Article provided by the American Cancer Research



Please “LIKE” Penn-Trafford Physical Therapy on Facebook and see what helpful information we have to offer.



We offer Bio-Freeze at Penn-Trafford Physical Therapy. We have 3 oz. roll-ons and 4 oz. tubes. Please be sure to stop in and see us if you need some.

Hope you enjoyed the newsletter. If you have any suggestions for future topics, call us at 724-744-7200.