



IN CASE YOU MISSED IT

As Canada takes steps to safely reopen, the **National Institute of Ageing (NIA)** has launched a new online tool to help you quickly assess your risk of exposure to COVID-19 when meeting or gathering with others. It takes about three minutes to complete and is available at [COVIDVisitRisk.com](https://www.covidvisitrisk.com).

Summer means sun and fun outdoors – and what a joy that is after the pandemic winter we’ve had! Time to protect our largest organ – our skin – from sun damage, especially skin cancer, which kills about 300 Quebecers each year. Says the **Canadian Dermatology Association**, there are lots of myths out there about how to protect your skin. Here are Dr. Melinda Gooderham, a dermatologist and Assistant Professor at Queen’s University School of Medicine’s top 5:

Myth #1 – Natural products are better. They aren’t necessarily, especially if they contain nice smelling natural products like lavender which can also be highly allergenic.

Myth #2 – If I use SPF 60, I can stay out in the sun twice as long as with SPF 30. The truth is, no matter what level of SPF you choose, you will need to reapply your sunscreen often to stay protected. Either that or wear protective clothing or stay out of the sun at peak hours.

Myth #3 – Indoor tanning is safer than natural sun. “A tanning bed is like a poisonous gas that has no smell. You’re doing damage but you don’t have the burn to warn you that something bad is happening... Just don’t do it.”

Myth #4 – Makeup is bad for acne. Not true. “There are many non-comedogenic make up products that teens can use to cover acne.” Boosting confidence is so important for young people. A non-comedogenic product doesn’t clog pores, and won’t make acne worse.”

Myth #5 – My body absorbs everything I put on my skin. Not necessarily. Your skin is a protective barrier. Some things stay on the surface, others are absorbed. “Absorbing things through your skin is not necessarily a bad thing. Many topical medications work this way.”



The **Canadian Institute for Health Information (CIHI)** has provided a damning snapshot of senior care in Canada: long-term care residents made up 81% of all reported COVID-19 deaths in the country compared with an average of 42% in all countries studied. The Quebec government is changing its vision of senior care – the preferred solution for most elderly people – which also happens to be the most economical – is to stay out of care facilities altogether for as long as they can. Better care models exist in countries such as Japan, the United Kingdom and Scandinavia. Imagine a nurse visiting you at home when you turn 65 or 70 and

saying, “What do you need in order to live well for the next 10 or 20 years? The nurse then provides support and helps you navigate the system.

Thank you for choosing Centre de santé and for your continued support.