

Sun safety isn't something only for a day at the beach

Provided By Baystate Medical Center

REGION – It's one of "Summer's Health Hazards" – sunburns.

While there are health benefits to sunlight from boosting the body's vitamin D supply to fending off depression during long dark winters, the sun's rays can be equally damaging from too much exposure resulting in wrinkles and even worse, skin cancer.

"Many skin cancers can be prevented by simply staying away from tanning beds and refraining from being a sun worshipper," said Dr. Richard Arenas, chief of Surgical Oncology for the Baystate Regional Cancer Program.

While equally important for both adults and children, a baby's skin is more delicate and thinner than an adult's, resulting in a greater risk for sunburn. And, all it takes is just a few blistering sunburns as a child to more than double the chances of developing a potentially-deadly melanoma later in life.

Babies are never too young to protect them from the damaging effects of the sun, notes Dr. John O'Reilly of Baystate General Pediatrics.

"Protective clothing and keeping your baby in the shade are good first steps in protecting your young infant, but sunblock is needed for those areas of the baby's body that remain exposed to the sun. Hypoallergenic sunblock that contains zinc oxide or titanium dioxide sit on top of the skin and may be the best choice for babies under 6 months. Over 6 months any sunblock can be used," he said.

The Baystate Children's Hospital pediatrician often recommends to parents that they test out any sunblock on their child's skin to be sure that he or she is not sensitive to the ingredients before putting the sunblock on large areas of the body.

Dr. O'Reilly and the American Academy of Pediatrics offer the following prevention tips for keeping baby safe from the sun:

Babies younger than 6 months should be kept out of direct and indirect sunlight because of the risk of heat stroke. Particularly, avoid having a baby out between 10 a.m. and 2 p.m. when the sun's rays are strongest.

Keep babies in the shade as much as possible. For example, they should be moved under a tree, beach umbrella, or stroller canopy. However, it is important to note that although on reflective surfaces, an umbrella or canopy may reduce UVR exposure by only 50%.

Dress babies in lightweight cotton clothing with long sleeves and long pants and a sun hat with a wide brim. Sunscreen may be applied to babies younger than 6 months on small areas of the body, such as the face, if protective clothing and shade are not available. For those older than 6 months, apply to all areas of the body, but be careful around the eyes. If your baby rubs sunscreen into his or her eyes, wipe the eyes and hands clean with a damp cloth. If the sunscreen irritates the skin, try a different brand or sunscreen with titanium dioxide or zinc oxide. If a rash develops, talk with your child's doctor. Apply the protection 15 to 30 minutes before going out. Keep in mind that no sunscreens are truly waterproof, and thus they need to be reapplied every one and a half to two hours, particularly if a baby goes into the water. Consult the instructions on the bottle.

Dr. O'Reilly noted that sun safety isn't something only for a day out at the beach. "It is just as important to put on sunscreen whenever your child is heading outside. The sun is just as damaging in the park or in your own backyard, so always have your child head out with a hat, appropriate clothing, and sunblock on any exposed areas of the body. Getting a sunburn will make your child miserable now, and increase their risk of skin cancer later. Prevention is the key to happy and healthy outdoor adventures," he said.

Adults also need to follow many of the same recommendations for children, noted Dr. Arenas. The Baystate surgical oncologist and the American Cancer

Society also want adults to avoid being outdoors in the sunlight for too long, especially in the middle of the day when UV light is most intense. In addition to seeking the shade, they recommend the following tips to stay sun-safe:

Keep your shirt on.

Put on the sunscreen.

Grab a wide-brimmed hat to protect your head.

Wear sunglasses that block at least 99% of UV light in order to protect your eyes.

When selecting a sunscreen – which can not only help to prevent sunburn, but also help reduce your risk of getting skin cancer and prevent early signs of skin aging – the American Academy of Dermatology notes when selecting a sunscreen to make sure the label says:

Broad spectrum – The words "broad spectrum" mean that the sunscreen can protect your skin from both types of harmful UV rays – the UVA rays and UVB rays.

SPF 30 or higher – Make sure you select a product whose label claims an SPF rating of 30 or higher.

Water resistant – Look for the words "water resistant." This tells you that the sunscreen will stay on wet or sweaty skin for a while before you need to reapply. Water resistance lasts either 40 or 80 minutes. Not all sunscreens offer water resistance.

There are three types of major skin cancer – basal cell carcinoma, squamous cell carcinoma and the deadliest form – melanoma.

In addition to sunburns, other Summer Health Hazards include protecting yourself from the ill effects of the heat, food-borne illnesses, water-borne illnesses, exercising in the summer, and ticks.

For more information on the Baystate Regional Cancer Program, visit baystatehealth.org/brcp or to request an appointment or ask a question, call (413) 794-9338.

For more information on Baystate Children's Hospital, visit baystatehealth.org/bch or to request an appointment or ask a question, call (413)794-KIDS.

PUBLIC NOTICES

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD17C0116CA
In the matter of:
Stephen Charles Bruneau
Of: Holyoke, MA
NOTICE OF PETITION
FOR CHANGE OF NAME
To all persons interested
in petition described:

A petition has been presented by **Stephen C Bruneau** requesting that: **Stephen Charles Bruneau** be allowed to change his/her/their name as follows:

STACI ANNE BRUNEAU
If you desire to object thereto, you or your attorney must file a written appearance in said court at: Springfield on or before ten o'clock in the morning (10:00 a.m.) on: **07/07/2017**

WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.
Date: June 9, 2017

Suzanne T. Seguin
Register of Probate
06/16/17

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Division
50 State Street
Springfield, MA 01103
(413)748-8600
Docket No. HD117P1037EA
Estate of:
DOROTHY H GRAY
Date of Death: May 6, 2017
INFORMAL PROBATE
PUBLICATION NOTICE

To all persons interested in the above captioned estate, by Petition of Petitioner **MARY LOU LaPRADE** of Chicopee, MA a Will has been admitted to informal probate.

MARY LOU LaPRADE of Chicopee, MA has been informally appointed as the Personal Representative of the estate to serve **without** surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled

to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.
06/16/17

COMMONWEALTH OF MASSACHUSETTS
THE TRIAL COURT
HAMPDEN, Div.
Probate & Family Court Dept.
HD17E0028PP

To: **Patricia M. Menard of Holyoke, in the County of Hampden, and to all other persons interested.**

A Petition has been presented to said Court by **Trisha M. Menard a/k/a Trisha M. Dupuis or Trisha M. Johnson** of Worcester, in the County of Worcester, representing that they hold

as joint tenants an undivided part or share of land lying in Holyoke, in the County of Hampden, setting forth that they desire that all of said land may be sold at private sale or public auction for not less than One Hundred Seventy-five Thousand (\$175,000.000) Dollars, and praying that partition may be made of all the land aforesaid according to law, and to that end that a commissioner be appointed to make such partition and be ordered to make sale and conveyance of all, or any part of said land which the Court finds cannot be advantageously divided either at private sale or public auction, and be ordered to distribute the net proceeds thereof after full adjudication of the equitable claims contained in said petition and supplemental memorandum filed with the Court.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before **ten o'clock in the forenoon on the fourteenth day of July 2017**, the return day of this citation.

Witness, **BARBARA M. HYLAND**, Esquire, First Justice of ssaid Court, this first day of June, 2017.

Suzanne T. Seguin,
Register of Probate & Family Court
06/16, 06/23, 06/30/17

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