

## Health News Review

June 5, 2013

Dr. Arnold's latest Baseball Newsletter: [3 Ways to Become a Better Hitter](#)

5) [The New Rules for Sunscreen](#) - NY Times - May 27, 2013

*"Look for products with an SPF of 15 to 50, and that are labeled 'broad spectrum protection,' meaning they protect against both UVA and UVB rays... Avoid sunscreen sprays... Avoid products with vitamin A, retinol or its derivatives, such as retinyl palmitate and retinyl acetate...avoid products with oxybenzone, a chemical that may disrupt hormones."*

4) [A Musical Message for Children on Healthy Eating](#) - NY Times - May 6, 2013

*"Ms. Butleroff-Leahy spends three hours a week for 10 weeks in each school, devoting half an hour in each of three classes to hands-on nutrition lessons and the remaining half-hour to learning and rehearsing the musical. Cheryl Ault-Barker, the principal of P.S. 81, said a salad bar now competes successfully with the usual school lunch fare at her school."*

3) [New Study Recommends Using Active Videogaming \('Exergaming'\) to Improve Children's Health](#) -ScienceDaily - May 17, 2013

*"...high intensity exergaming [burned calories] equivalent to moderate intensity exercise...[and] significantly decreased [blood flow], suggesting that the high intensity exergaming may improve vascular health in children."*

2) [Know the Risks of Indoor Tanning](#) - FDA Press Release - May 4, 2013

*"...indoor tanners are 75% more likely to develop melanoma than those who have never tanned indoors, and the risk increases with use."*

1) [Questioning the Pelvic Exam](#) - NY Times April 29, 2013

*"...for women who are well, a routine bimanual exam is not supported by medical evidence, increases the costs of medical care and discourages some women, especially adolescents, from seeking needed care."*

## Have A Question About This Newsletter?

Call (631-352-7654) or email ([PitchingDoc@msn.com](mailto:PitchingDoc@msn.com)) Dr. Arnold!