

Health Highlights: Ditch sugary foods + year-round sun safety  
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Audio Version

**ANCHOR INTRO:**

ONE THING TO ADD TO YOUR OUTDOOR ROUTINE THIS WINTER? **SUNSCREEN**.  
AND REASONS WHY TO KEEP SUGARY FOODS IN THE PAST.  
TIM DITMAN SHARES MORE – IN TODAY’S HEALTH HIGHLIGHTS.

<<(SUNBURNS AND SKIN CANCER DON’T HAVE AN EXCLUSIVE PARTNERSHIP WITH HOT  
MONTHS AT THE BEACH.  
ULTRAVIOLET RAYS ARE STILL PRESENT... EVEN IN THE MIDDLE OF WINTER.

AFTER A DAY OF SHOVELING OR PLAYING IN THE SNOW – YOU MAY NOTICE YOUR FACE IS A  
LITTLE RED. PEOPLE USUALLY CHALK THIS UP TO WIND BURN OR JUST THE COLD. KAREN  
BOYD... AN ONCOLOGY NURSE NAVIGATOR WITH OSF HEALTHCARE... SAYS THAT ISN’T ALWAYS  
THE CASE.

\*\*\*SOT\*\*\*

**KAREN BOYD | ONCOLOGY NURSE NAVIGATOR | OSF HEALTHCARE**

“How do we know for a fact that that’s not the UV rays?” Boyd asks. “It may be from the reflection  
off the snow, and it could be sunburn as well.”

**TRACK:** ONE WAY TO KEEP YOUR SKIN HEALTHY IN THE WINTER – ALONG WITH ANY OTHER  
MONTH – IS BY USING SUNSCREEN AND STAYING HYDRATED.

**STORY 2:** AND SOMETHING TO AVOID THIS NEW YEAR – THOSE SUGARY... PROCESSED FOODS.  
OSF HEALTHCARE CARDIOTHORACIC SURGEON – DR. PHILIP OVADIA (**oh-VAY-dee-ah**) SAYS TO  
STICK TO THE OUTER AISLES WHEN GROCERY SHOPPING. THAT’S WHERE YOU’LL FIND FRESH  
FRUIT... VEGETABLES... MEAT AND DAIRY.

\*\*\*SOT\*\*\*

**DR. PHILIP OVADIA | OSF HEALTHCARE CARDIOTHORACIC SURGEON**

“You should be able to look at your food and know exactly what’s in it. It should have simple  
ingredients.”

**TRACK:** HE ADDS IF YOU FEEL HUNGRY SOON AFTER EATING – THAT’S A SIGN THE FOOD ISN’T  
GIVING THE BODY THE NUTRITION IT NEEDS.

WITH TODAY’S HEALTH HIGHLIGHTS... I’M TIM DITMAN.