

From The Desk Of

# Gina Greco-Tartaglia, MD

## July 2023 Newsletter

### Welcome New Members!

I'm so excited that you have all chosen to join me on this new venture! I look forward to helping you and keeping myself in the BEST HEALTH possible, so we can enjoy the fruits of our labor, TOGETHER, for years to come!

### Communication and Events

Moving forward, you will receive communications from me through email blasts like this one. Importantly, we will send out information regarding Quarterly Member Events, for which RSVPs will be imperative. Here are some of the upcoming events:

- **July:** Stop by the office on **Friday, July 21st between 11 am and 1 pm** to pick up your Summer Safety Pak and enjoy some refreshments with us
- **November:** Member Walk for Diabetes Awareness (date and location TBD)
- **December:** Member Appreciation Event (date and location TBD)

### SignatureMD Website

You can find me online at [SignatureMD.com/Greco-Tartaglia](https://SignatureMD.com/Greco-Tartaglia) or click on the link below.

[Visit My Website Here](#)

### Member Programs Portal

To get the most out of your SignatureMD Membership, log onto the Member Programs Portal.

1. Visit my website and find the Member Portal link under the Member Benefits tab or visit [SignatureMD.com/memberprograms](https://SignatureMD.com/memberprograms).
2. Type in my name and your email address.
3. Click Submit.

You can now view all the benefits by clicking on each section (MIND, BODY, NUTRITION, PERKS). Take some time and explore all that's available with your membership.

## National Health Observances



July is UV Safety Month. Here are some facts and tips about this important topic.

### UV SAFETY AWARENESS MONTH FAQs

#### ***Is all sun exposure bad?***

U.V. rays from the sun stimulate the production of vitamin D in our bodies, which helps them absorb calcium. It also strengthens the immune system. You can have too much of a good thing so limit your exposure and when you do, be smart and protect yourself.

#### ***Does a higher S.P.F. mean higher protection against U.V. rays?***

The C.D.C recommends the use of a broad-spectrum sunscreen with a minimum of Sun Protection Factor or S.P.F. 15 before heading outside for daily activities. An S.P.F. of 30 to 50 for use when spending longer time outdoors is enough.

#### ***Does makeup with S.P.F. work?***

Even makeup with a high S.P.F. alone isn't enough to protect your skin. Apply a standalone sunscreen as part of your daily skin routine.

### 5 THINGS TO KNOW TO STAY SUN SAFE

#### ***1. S.P.F. stands for Sun Protection Factor***

The SPF number tells you how long the sun's U.V. rays would take to darken your skin versus the amount of time without any sunscreen.

## **2. Always use a broad-spectrum sunscreen**

This means it can protect you from both U.V.A. rays that cause sunburn and U.V.B. rays that cause skin damage like skin aging.

## **3. Not all sunglasses are created equal**

Wrap-around or oversized styles offer more protection but make sure they block 99% to 100% of U.V. rays.

## **4. U.P.F. clothing can be expensive**

Clothes labeled with Ultraviolet Protection Factor or U.P.F. provide a level of certainty but common fabrics like cotton and denim that cover most of your body can offer some protection as well.

## **5. Some clothing colors can provide U.V. protection**

Darker and more vivid colors absorb more UV than pale colors, making them less likely to reach your skin.

**Dr. Gina Greco-Tartaglia**



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