

Health Hints

Accessorizing For Health

(NAPSA)—One of the best tools for protecting health is more likely to be found in your clothes closet than your medicine cabinet.

That's right, a *hat*—especially new high-tech types that look good, protect from harmful UV rays and ward off disease-carrying insects.

Wearing certain brimmed hats to shade your head, ears and nose from the sun's damaging rays is something the American Cancer Society says could prevent many of the more than 1 million skin cancers diagnosed each year.

Healthier Skin

Look for broad-brimmed hats like ones made by Tilley Endurables that are certified to block 98 percent of the sun's harmful UVA and UVB rays and have an ultraviolet protection rating of UPF 50+. The Canadian-made T4 Tilley Hat is ready for any adventure, while the TH8 Hemp Hat for women (made from natural hemp) boasts a feminine, flexible brim for maximum protection. In fact, there are over 30 styles and 10 fabrics to choose from.

Keep Bugs At Bay

More than 1,000 cases of the mosquito-borne West Nile virus were reported last year alone, according to the Centers for Disease Control. Add to that ticks, no-see-ums and other biting insects, and you can see why it's a good idea to protect your head. Try the T4IS Insect® Shield, made of 100 percent Cotton Duck fabric and treated with Insect Shield repellent that protects the wearer for up to 70 washings.

Let It Rain

Whether you're camping, mountain biking, hiking or just hanging out, being prepared for rain could help you avoid seasonal



The right hat can help protect you from the sun, biting insects, rain and more.

colds. The TWP1 Waterproof Hat (patent pending) is made from a 100 percent waterproof exterior that causes rain to bead up and roll off. Its zipper ventilation system helps keep you cool when it's not raining, and the 3M Scotchlite™ reflective hatband and zipper pull mean you'll be easier to see, even in the worst storms. There's also a reflective wind cord to help you hang on to your hat.

Cooler Heads

Keeping cool in the sun might help you avoid certain illnesses, including heat exhaustion. The popular LTM6 Airflo® has a signature mesh crown that provides maximum ventilation for coolness and comfort. The hat, which weighs just 4 ounces, is available in a new gray color.

For more information, visit the Tilley Web site at www.tilley.com. All of the company's hats come with a 2-year, all-perils policy against loss or theft, a lifetime guarantee against wearing out, and a secret Velcro®-sealed pocket in the crown to hold small valuables while traveling.