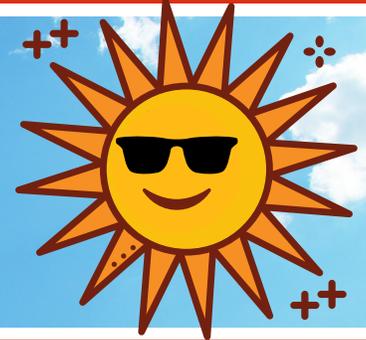


# WEEKLY WELLNESS NEWS

## JULY IS UV SAFETY MONTH



### What is Ultraviolet (UV) Radiation?

Ultraviolet radiation is a type of electromagnetic radiation that naturally comes from the sun but also man-made sources such as tanning beds. Radiation refers to the release of energy from a source and can occur at a high or low frequency. UV radiation is found within the mid frequency range.



### How Does Exposure Occur?

The main source of UV exposure comes from the sun. Time of day and seasons cause variations in the amount of UV radiation exposure. For example, UV radiation from the sun is strongest during the day from 10 am to 4 pm and in the spring and summer seasons. Aside from the strength of the UV rays emitted, the level of skin exposure that can occur is based on how long the skin is exposed and if there is a form of protection - e.g., sunscreen and/or clothing. The amount of UV rays released from man-made sources like tanning beds or booths is dependent upon the type of lamps, duration of time spent in the bed/booth and frequency of use. Other man-made sources of UV rays include: phototherapy, black-light lamps, mercury-vapor lamps, xenon lamps, plasma torches, and welding arcs.



### Ultraviolet (UV) Radiation & Cancer

Research has found that a connection exists between basal and squamous cell skin cancers and activities such as:

- Recreational time spent in the sun (e.g., beach)
- Residing in an area with large amount of sunlight
- Previous cases of severe sunburn
- Skin damage caused by the sun

### Minimize Exposure

#### *UV Rays from Sunlight*

- Remain in the shade between 10 am and 4 pm
- Wear clothing on arms and legs to protect skin
- Protect your head, face and neck with a hat
- Protect your eyes with UV protective sunglasses
- Use sunscreen to protect uncovered areas of skin

#### *Artificial UV Rays*

- Avoid the tanning beds/booths
- Wear personal protective equipment (PPE)

*"Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it." -Ann Wigmore*



# WEEKLY WELLNESS NEWS



## SKIN DAMAGE



### Skin Damage

Individuals with lighter skin tones tend to experience skin damage and cancer from UV rays more than those with darker skin tones, however, anyone can be affected. For some people, skin will tan when UV rays are absorbed because of an increase in melanin producing cells called melanocytes. Melanin is what causes skin to have pigment and it also aids in blocking UV rays to a certain degree. Sunburns can raise skin cancer risks, but it is possible to be at risk without having sunburns.



### Risk Factors

Risks for skin damage by UV rays are increased if you've ever had skin cancer or a family history of it, moles, freckles, physical features that include light skin, blue or green eye color and blonde, red or light brown hair. Other factors include living or vacationing in areas that are at a higher altitude, or in tropical or subtropical climates, spending long periods of time outdoors and taking medications that suppress the immune system or cause skin to be more sensitive to sunlight.



### How to Treat Sunburn

Place a cold compress on the areas affected. Take a pain reliever for discomfort (e.g., aspirin or acetaminophen). Place a cooling gel or an aloe vera containing ointment on the affected areas. Avoid drinks such as alcohol that will cause dehydration and drink plenty of water. Try to stay out of the sun until discomfort has become minimal.

### Protect Yourself



Stay in the shade



Wear sunglasses



Wear a broad spectrum sunscreen



Wear protective clothing



"Your health is an investment, not an expense." -Unknown



# WEEKLY WELLNESS NEWS

## SKIN EXAMINATIONS



### Skin Exams

Skin exams are beneficial for early cancer detection. The purpose of a self-skin exam is to identify moles, growths or any other skin changes. Changes to look for include growths, spots or bumps that are new, get larger or change in anyway, sores that continue bleeding and do not seem to heal and red patches that are rough or scaly. Moles and other spots that are new or those that have been present but change in size, shape or color also require attention. It is equally important to recognize moles that have irregular shapes, borders or colors. It is possible for skin cancer to cause changes other than what is noted. If you notice any other changes with your skin including the typical changes listed above, please see your doctor. Your doctor will be able to examine and diagnose the condition.



### How to Perform a Skin Self-Exam

#### While standing in front of a mirror:



Check your face, ears, neck, chest, and belly. Women will need to lift their breasts to check the skin underneath.



Check your underarm areas, both sides of your arms, the tops and palms of your hands, in between your fingers, and under your fingernails.

#### While sitting:



Check the front of your thighs, shins, tops of your feet, in between your toes, and under your toenails.



Now use a hand mirror to look at the bottoms of your feet, your calves, and the backs of your thighs, first checking one leg and then the other.



Use the hand mirror to check your buttocks, genital area, lower and upper back, and the back of your neck and ears. Or it may be easier to look at your back in the wall mirror using a hand mirror.



Use a comb or hair dryer to part your hair so that you can check your scalp.

[American Cancer Society, 2019]

**Skin self-exams should be done at least once a month.**



*"Your health is what you make of it. Everything you do and think either adds to the vitality, energy and spirit you possess or takes away from it." -Ann Wigmore*



# WEEKLY WELLNESS NEWS



## Sunscreen

Sunlight is needed for vitamin D production, circadian rhythm and mood maintenance. However, overexposure can cause unwanted side effects such as skin damage, sun burn, age spots, photoaging, wrinkling and skin cancer. Exposure to UV light for an extended period of time including the fall and winter months is a risk. You can use sunscreen to protect yourself. Sunscreens are created with filters that cause UV radiation to either be absorbed, reflected or scattered. The most common types of sunscreens filter organically or inorganically.

Sunscreens that contain organic filters absorb UV radiation and turn it into heat. Oxybenzone, avobenzone, and octocrylene are organic filters and are usually paired with other ingredients such as octocrylene, homosalate, and octisalate to stabilize the filters and provide UVB protection. Sunscreens with inorganic filters reflect and scatter UV light to protect skin and they also provide greater broad-spectrum protection against UVA and UVB light.

## Proper Sunscreen Application

Select a sunscreen that has an SPF of 30 or greater, is water resistant and offers broad spectrum coverage for protection against UVA and UVB rays. Use sunscreen even when it isn't sunny outdoors.

### To apply sunscreen properly:

- Apply sunscreen prior to going outdoors.
  - Time for skin to absorb sunscreen: 15 minutes
- Apply a generous amount of sunscreen
  - Rub sunscreen completely into the skin
- Apply sunscreen to skin that is uncovered
  - Face, neck, ears, feet, legs, back, scalp (for thin hair)
  - Use lip balm with at least an SPF 15 to protect lips
- Reapply sunscreen every 2 hours
  - Reapply immediately after swimming or sweating



**About 1 out of 5 people in the United States may develop skin cancer at some point in their lives.**



*"Your health is an investment, not an expense." -Unknown*

