

## Have Fun in the Sun this Summer

The sun has given rise to generations of sun worshipers. But while some exposure to sunlight can be healthy and enjoyable, too much can be dangerous. The sun emits ultraviolet rays, an invisible form of radiation that can penetrate the skin and cause skin cancer, which is the most common form of cancer in the United States. Overexposure to ultraviolet radiation can also damage your eyes as well as your body's immune system by altering disease-fighting white blood cells.

Skin cancer affects more than 1 million people each year in the United States, but skin cancer and other ultraviolet-related health effects are largely preventable. The vast majority of skin cancers are associated with ultraviolet radiation exposure. Ultraviolet rays are most intense between 10 a.m. and 4 p.m., and can be almost as strong on cloudy days. Even if you don't plan to spend the day on a beach, you're likely to soak up some rays as you run errands, enjoy outdoor games, or wait for the bus.

It's impossible to completely avoid sunlight, nor would it be wise, says Martin A. Weinstock, MD, PhD, chair of the American Cancer Society's Skin Cancer Advisory Group and professor of dermatology and community health at Brown University in Rhode Island. "Don't be a couch potato, but don't be a baked potato either," Weinstock says. "Physical activity is very important. So the best protection is "slip, slop, slap," Weinstock says: "Slip on a shirt, slop on some sunscreen and slap on a hat." Take care what you wear while swimsuits are common beachwear, they aren't the best choice for sun protection. You'll have more exposed skin to burn, and five or more sunburns doubles your risk of developing skin cancer. If you're going to be out in the sun, cover up to protect your skin.

Some think that only fair-skinned people need to be concerned about overexposure to the sun. But all skin types are susceptible to the damaging effects of ultraviolet radiation. According to the World Health Organization, the incidence of skin cancer is lower in darker-skinned people because they have more protec-

tive pigment, but when it does occur, it is often detected at a later and more dangerous stage. But other health effects of overexposure to ultraviolet radiation, such as cataracts and immune suppression, affect people of all skin types at the same rate.

### Show Your Devotion to Lotion

Sunscreens provide some, but not total, protection against the sun's ultraviolet rays. "Use it everywhere that's not covered by clothing," advises Weinstock, who recommends an SPF of 30 or greater. Don't skimp with the sunscreen — apply it generously about 30 minutes before you head outside and reapply it every two hours. Keep in mind that most sunscreens expire after two or three years and can become ineffective. And remember: Sunscreens should be used for sun protection and not as a reason to stay in the sun longer! "The healthiest color for your skin is the color you were born with," Weinstock says.

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APHA Health Fact Sheets  
<http://www.getreadyforflu.org/nationshealthyyou/index.htm>

### Skin Cancer

- \* Get to know your skin. If something is bleeding or doesn't look right, see a dermatologist.
- \* Skin self-exams should be a regular part of your healthy lifestyle. For pictures of normal and abnormal moles check out American Academy of Dermatology online or stop in Student Health Promotions on campus for a brochure.

### Tanning

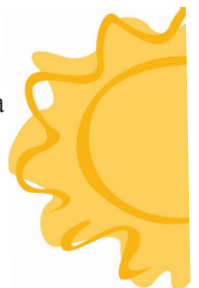
The World Health Organization has declared indoor tanning devices to be cancer-causing agents that are in the same category as tobacco. Studies have found a 75 percent increase in the risk of melanoma in those who have been exposed to UV radiation from indoor tanning.

Jaime Regen Rea used tanning beds and spent time in the sun. At age 20 she noticed an unusual mole. After a nine-year struggle with melanoma, Jaime died of the disease just three weeks before her 30th birthday. The FDA estimates that there are about 3,000 hospital emergency room cases a year due to indoor tanning bed and lamp exposure.

### Protection

Generously apply a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of 30 or more to all exposed skin. "Broad-spectrum" provides protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply approximately every two hours, even on cloudy days, and after swimming or sweating.

American Academy of Dermatology  
<http://www.aad.org/skin-care-and-safety/skin-cancer-prevention/indoor-tanning>



# Dangerous combination:

## ALCOHOL & SUN

The hot temperature and increasing humidity of the summer days will soon be here. Many of us will head to the nearest body of water to cool off and hang out with friends. These events can create lasting memories, however by incorporating the summer heat with alcohol and a lack of drinking water these enjoyable and memorable times can turn into a nightmare.

The combination of alcohol and summer sun can easily lead to dehydration. Lying in the sun or engaging in outdoor activities increases our body temperature, which causes us to sweat as a result we lose water from our body. During the summer people often reach for an alcoholic beverage to cool down instead of water. However, this creates a false perception that we are cooling our body down and replenishing with the critical liquids lost. Alcoholic beverages increase urine output and therefore reduce essential fluid levels. Your body needs water to regulate its temperature, remove waste and transport nutrients, but combining physical exertion and alcohol consumption will usually result in dehydration. Symptoms include thirst, weakness, anxiety and even fainting; severe dehydration may induce collapse or even death. Under the influence of alcohol, however, you may remain dangerously unaware of these symptoms.

It is important to know the warning signs of heat exhaustion and heat stroke, so you are able to take the necessary steps before symptoms become severe. Heat exhaustion is a condition whose symptoms may include heavy sweating and a rapid pulse, a result of your body overheating. It's one of three heat-related syndromes, with heat cramps being the mildest and heatstroke being the most severe. Causes of heat exhaus-

tion include exposure to high temperatures, particularly when combined with high humidity, and strenuous physical activity. Without prompt treatment, heat exhaustion can progress to heatstroke, a life-threatening condition. Fortunately, heat exhaustion is preventable.

Heat stroke can happen when your body temperature reaches 104 F or higher. It is a life-threatening condition and can be brought on by high environmental temperatures, by strenuous physical activity or by other conditions that raise your body temperature. Heatstroke is the escalation of two other heat-related health problems: heat cramps and heat exhaustion. In these conditions, you develop signs and symptoms that are milder than those of heatstroke. To prevent heat exhaustion and heat stroke here are a few tips to follow:

- \*Drink plenty of fluids (water not soda) especially during outdoor activities
- \*Apply a cold pack or cold rag on the body
- \*Seek shade

Boating and Alcohol can be a deadly mix. The effects of alcohol such as impaired judgment, decreased coordination, and a slow reaction time all increase the risk of being unable to get out of life threatening situations. Alcohol impacts an individual's sense of balance. A moment of dizziness or even a mis-step may not cause any harm on your patio or in a restaurant, but it can lead to disaster on the water. For example, floating on a raft, going for a swim, or taking a ride on a boat can lead to injury or even death when alcohol is involved. According to Center for Disease Control alcohol use is involved in up to half of adult deaths associated with water recreation and about one in five reported boating fatalities. The effects of alcohol can cause even a good swimmer to drown in minutes – often within a few yards of safety.

Operating a boat can be more complicated than driving a car (extra stressors sun, wind, noise, vibration, engine, propellers) and a boating accident can be just as dangerous as an automobile accident. Yet many people who would never drive drunk think it's safe to operate their boat after drinking. It isn't. Operating a boat while intoxicated is illegal and dangerous. Driving a boat requires good vision and too much alcohol can seriously restrict your vision. It can create a "tunnel vision" effect, reducing peripheral vision. It can impair your ability to focus on objects and it can reduce your night vision, especially for reds and greens, the colors of front and back boat lights.

Before you head for the beach, the pool, boating or other outside activities, give some thought to summer safety. When you decide to consume alcohol, the possibility of accident or injury increases dramatically. This summer, weigh the risks and choose responsibly.

## Campus Resources

### Counseling & Psychological Services

103 Stewart Hall  
(320) 308-3171

### Student Health Services

1st Floor Hill Hall  
(320) 308-3191

### UCHOOSE

219 Atwood Memorial Center  
(320) 308-6175

