

# Wellness Newsletter

Augusta Technical College

## Sun Safety Tips

It's natural to enjoy all kinds of outdoor activities! The Sun Safety Alliance (SSA) encourages you to be safe by following these sun-safety tips year-round to help prevent serious skin damage—and possibly skin cancer—later!

- Keep in mind the sun is strongest between 10 am and 2 pm.
- Always wear protective clothing when outside.
- Wear clothing that's dark and tightly woven.
- Wear a wide-brimmed hat and sunglasses.
- Remember that UV rays bounce off sand, snow, concrete, and water.
- Do not use sun tanning beds.
- Keep very young children (6 months or less) out of the sun.
- Sunscreens need to be applied liberally and evenly over all exposed areas.
- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use products that provide broad spectrum protection, which means protection against both UVB and UVA rays. For broad spectrum protection, look for products that provide an SPF of at least 15 and contain ingredients like Avobenzone (Parsol 1789) or zinc oxide.
- For children, the SSA recommends sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often.
- Reapply sunscreen after swimming, perspiring, and toweling off.
- Provide complete sunscreen coverage for your skin (including neck, ears and lips!).
- For people with thin or thinning hair, apply sunscreen to the scalp as well.
- And remember to stay in the shade whenever possible!

<http://www.sun-safetyalliance.org/>

Volume 2, Issue 12  
Spring 2007—June

### National Health Observances

- *Home Safety Month*
- *National ASK Day (21st)*
- *National Cancer Survivors Day (3rd)*
- *National Headache Awareness Week (3rd-9th)*
- *National Men's Health Week (11th-17th)*
- *Sun Safety Week (3rd- 9th)*
- *Vision Research Month*

## The Facts About Getting Too Much Sun

It's a fact: Overexposure to the sun can result in skin cancer later in life. What are your family's risks from exposure to powerful UV rays? Consider these facts and statistics.

### The Dangers of UV Exposure

- You can sunburn even on a cloudy day!
- On average, children get 3 times more exposure than adults!
- 80% of a person's lifetime sun exposure is estimated to occur by age 18!
- Concrete, sand, water, and snow reflect 85% to 90% of the sun's UV rays.
- Depletion of Earth's ozone continues to increase your exposure to UV rays!

### Skin Cancer

- In some parts of the world, melanoma is increasing at rates faster than any other cancer.
- More than 1.2 million new cases of skin cancer are diagnosed each year in the US!
- Melanoma, the deadliest form of skin cancer, kills one person every hour!
- One blistering sunburn can double a child's lifetime risk of developing skin cancer!

<http://www.sun-safetyalliance.org/>

### Inside this issue:

<i>Facts About Sun</i>	<i>p.1</i>
<i>Healthy Recipe</i>	<i>p.2</i>
<i>Migraines</i>	<i>p.5</i>
<i>Prostate Health</i>	<i>p.4</i>
<i>Skin Cancer Risks</i>	<i>p.2</i>
<i>Sun Safety Tips</i>	<i>p.1</i>
<i>Sunscreen Use</i>	<i>p.3</i>
<i>What Parents Should Know... Sunscreen</i>	<i>p.3</i>

## Are You At Risk For Skin Cancer?

People of all races can burn—no matter who you are or where you live. It makes no difference whether you're Irish, African-American, Hispanic, Asian, Native American—or whatever! Some people, however, may be at higher risk than others. Having one or more of the following risk factors could increase your risk for developing skin cancer.

- Spending a great deal of time in the sun, especially during childhood
- Having fair skin that easily burns or freckles
- Having had severe burns from the sun, tanning beds or lamps, x-rays or radiation
- Living in the Sun Belt or at higher elevations
- Having a family history of certain types of skin cancer
- Having an immune system weakened for any reason
- Appearance of moles

### What Is Skin Cancer?

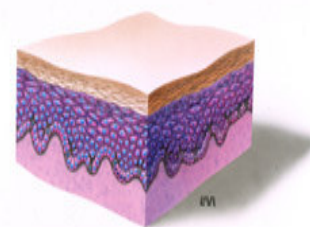
Skin cancer starts in the outer layer of your skin, in one of three types of cells: basal, squamous, or melanocyte.

**Basal Cell Carcinoma**—The most common form of skin cancer, basal cell carcinoma usually appears as slow-growing, translucent, raised, pearly nodules which, if untreated, may crust, ulcerate, and sometimes bleed. If detected and treated early, there is a greater than 95 percent cure rate.

**Squamous cell carcinoma**—A common form of skin cancer, squamous cell carcinoma appears as nodules or red, scaly patches and can metastasize if untreated. While the cure rate is very high if treated early, squamous cell carcinoma can sometimes result in death.

**Melanoma (*cutaneous melanoma*)**—Melanoma is a disease of the skin in which cancer (malignant) cells are found in the cells that color the skin (melanocytes). It is the least common but fastest growing and most dangerous type of skin cancer. While it usually occurs in adults, it may also occasionally be found in children and adolescents.

Your skin is made up of two main layers: the epidermis (the top layer) and dermis (the inner layer). Melanocytes are found in the epidermis and they contain melanin, which gives skin its color.



For more information on the visible signs of cancer visit:

<http://www.sunsafetyalliance.org/>

## Grilled Angel Food Cake

1 1/2 cup strawberries, chopped

6 tablespoons water

1 prepared angel food cake, cut into 6 pieces

3/4 cup chopped rhubarb

1 3/4 teaspoons vanilla

3/4 cup reduced-fat whipped topping

1/2 cup sugar

1/8 teaspoon cinnamon

### Directions

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

To make the sauce, in a saucepan, combine the strawberries, rhubarb, sugar, water, vanilla and cinnamon. Cook on medium heat until the mixture just starts to boil, about 5 minutes. Remove the saucepan from the heat and set aside.

Place the angel food cake toward the edge of the grill rack where there is less heat or on the broiler pan. Grill or broil until each side turns brown, about 1 to 3 minutes.

Place the angel food cake on individual serving plates. Top each piece with 1/4 cup of the strawberry-rhubarb sauce and 2 tablespoons of the whipped topping. Serve immediately.

<http://www.mayoclinic.com/>



## Are You Using Sunscreen Correctly?

### How should sunscreens be applied?

- Follow directions and shake the bottle before using.
- Thoroughly rub sunscreen over skin to make sure the coverage is even.
- Make sure all skin is covered (including neck, ears and lips).
- For people with thin or thinning hair, apply sunscreen to the scalp as well.



### How much should be applied?

Sunscreen should be applied liberally and evenly to all exposed areas before sun or water exposure.

### When should I apply sunscreen?

- Before doing any outside activities.
- Whenever you're spending time outdoors—and not just in the pool! (for picnics, walks, hiking, riding in a car, etc)

### How often should sunscreen be applied?

- Reapply sunscreen after swimming, perspiring, and towel-drying off.
- Reapply sunscreen often!

### What is SPF?

- "SPF" stands for "Sun Protection Factor."
- Indicates how much longer a person wearing sunscreen can stay in the sun before beginning to burn—than they would without using any sunscreen at all.
- SPF numbers generally range from 2 to 50.
- The American Academy of Dermatology and the Sun Safety Alliance (SSA) recommend an SPF of 15 or higher.
- For children, the SSA recommends sunscreen product with an SPF of 30.

### What strength of sunscreen is best?

- Apply a sunscreen with an SPF of 15 or higher whenever you're outdoors.
- For children under 6 years of age, the SSA recommends sunscreen with an SPF 30 or higher. Older children should use sunscreen that is SPF 15 or higher.

<http://www.sunsafetyalliance.org/>

## What Every Parent Should Know

With the sun's rays constant all year round, it is important to make sure you know the best way to protect you and your family. This means that many of us will be stocking up on sun protection products. However, we often find that our sunscreen is not as an effective blocker after it's too late and our skin has already been damaged.

To help educate you and your family about sun protection, here are some common phrases to look for on your sunscreen bottle:

- **UVB:** (Ultraviolet B Radiation) rays penetrate the upper layers of the skin, causing sunburn. UVB is most intense in the summer months between 11:00 a.m. and 3:00 p.m. To protect yourself from these rays, make sure you use a product with an SPF of at least 15. It is strongly recommended that children under six use SPF 30.
- **UVA:** (Ultraviolet A Radiation) is a type of radiation from the sun that may cause premature skin aging. It can penetrate the skin and cause damage at deeper levels, even if the skin's surface feels cool. In fact, the level of UVA is almost the same in the winter as it is in the summer. To protect yourself, use a sunscreen that contains a UVA blocker like Parsol® 1789, also known as avobenzone.
- **SPF:** Always wear products with an SPF (Sun Protection Factor) of at least 15. If you're going to be out in the sun longer than an hour, you may want to use an SPF of 30. Also, be aware that SPF indicates the level of protection against UVB (burning rays) and not UVA rays that cause premature skin aging. For the best protection against the sun, look for products that offer broad spectrum protection that contain UVB and UVA filters.
- **Broad Spectrum Protection:** Sunscreens containing both UVB and UVA filters offer the most coverage against both types of rays. Sunscreens which also contain antioxidant vitamins E and C provide additional protection.



Understanding how to protect you and your family from the sun is the only way to prevent skin damage and premature skin aging. Knowing what to look for in a sunscreen is important. For more information check out various elements of the following website to learn the best ways to stay protected in the summer and year round!

<http://www.sunsafetyalliance.org/>

## Men's Health Week - Prostate Health

If you don't know what your prostate is or what it does, you're certainly not alone: most men don't. But you really should. More than 30 million men suffer from prostate conditions that negatively affect their quality of life.

- Over 50% of men in their 60s and as many as 90% in their 70s or older have symptoms of an enlarged prostate (BPH).
- Each year over 230,000 men will be diagnosed with prostate cancer and about 30,000 will die of it.
- Prostatitis is an issue for men of all ages and affects 35% of men aged 50 and older.

Prostate cancer is the most common cancer in men, and the second leading killer of men, behind lung cancer. Prostate cancer is generally very slow growing and most men die with prostate cancer rather than from it. Still, it kills approximately 30,000 men each year. But detected early, it can be cured.

In its early stages, prostate cancer usually doesn't cause symptoms. However, as the disease progresses, the patient may develop symptoms that are the same as for prostatitis. Additional symptoms include:

- Chronic pain in the hips, thighs, or lower back
- Blood in the urine or semen

The lack of early symptoms and the overlap of symptoms with non-cancerous conditions makes prostate cancer difficult to diagnose. That's why it's essential that men get screened regularly.

### Prostatitis

Prostatitis is an inflammation of the prostate that may be caused by an infection. It's the most common prostate problem for men under 50—so common that about half of adult men will be treated for it in their lifetime.

There are three major types of prostatitis:

- Bacterial prostatitis
- Nonbacterial prostatitis
- Prostatodynia

**Bacterial Prostatitis.** There are actually two types of bacterial prostatitis: acute (meaning it develops suddenly) and chronic (meaning it develops slowly over several years). Both types can be treated with antibiotics. Each type affects about 1 in 10 men with prostatitis. Symptoms of acute bacterial prostatitis are often severe, and therefore are usually quickly diagnosed. These symptoms include:

- Fever
- Chills
- Pain in lower back
- Aching muscles
- Fatigue
- Frequent or painful urination

**Nonbacterial Prostatitis** occurs in about 6 out of 10 men with this condition. Although the causes are unknown, the inflammation may be related to organisms other than bacteria, like a reaction to the urine of substances in the urine. For example, men with a history of allergies and asthma sometimes develop nonbacterial prostatitis. However, doctors cannot be sure exactly how these conditions are related. Doctors do know that nonbacterial prostatitis is not found in men with recurrent bladder infections. Symptoms include:

- Occasional discomfort in the testicles, urethra, lower abdomen, and back
- Discharge from the urethra, especially during first bowel movement of the day
- Blood or urine in ejaculate
- Low sperm count
- Sexual difficulties
- Frequent urination

**Prostatodynia** (pain in the area of the prostate gland) occurs in about 3 out of 10 men with prostate irritation. Unfortunately, tests used to diagnose infection and other problems affecting the prostate gland are not useful in detecting the cause of this pain. In some instances, the pain may be caused by a muscle spasm (an involuntary sudden movement or contraction) in the bladder or the urethra. Usually, though, the cause of prostatodynia is unknown. Symptoms include pain and discomfort in the prostate gland, testicles, penis, and urethra, and may include difficulty in urinating.

Certain activities increase your risk of developing prostatitis. These include:

- Having had a recent bladder infection
- Having gonorrhea, chlamydia, or other sexually transmitted disease
- Having frequent, unprotected sex, or unprotected sex with multiple partners
- Excessive alcohol consumption
- Eating a lot of spicy, marinated foods
- Injury to the lower pelvis (often as a result of cycling, lifting weights, etc)

Diagnosing prostatitis isn't easy, so the most important diagnostic tool your doctor has is you and your detailed descriptions of your symptoms. Prostatitis is not considered a serious disease, and it doesn't lead to cancer. But it's painful, extremely inconvenient, and sometimes difficult to cure. There are a number of treatment options that usually provide relief. These include antibiotics, anti-inflammatories, and surgery.

## Environmental & Physical Factors Effecting Migraine Sufferers

The environmental factors that can provoke a migraine are extremely variable and affect only a small proportion of migraine sufferers. Environmental factors that can trigger a migraine include a change in climate or weather (such as a change in humidity or temperature), a change in altitude or barometric pressure, high winds, traveling, or a change in routine. Other environmental triggers include a bright or flickering light (sunlight reflections, glare, fluorescent lighting, television, or movies), extremes of heat and sound, and intense smells or vapors.

Weather changes can cause biological changes in the body's chemical balance and thus precipitate a migraine headache in some sensitive people. Weather conditions also can increase the severity of a headache induced by other factors. Extremely cold as well as very humid weather conditions have been known to trigger migraine headaches. A very dry and dusty atmosphere also can precipitate a migraine. Headaches can be associated with certain winds and storms, or with crowding in a stuffy room or airplane. A change in barometric pressure can trigger a migraine headache. Changes in pressure, such as those that occur with flying in an airplane or deep sea diving, can trigger headaches. People living or traveling at high elevations can experience similar headaches. Headaches triggered by weather changes can lead to misdiagnosis of sinus headache instead of migraine.

Any change in a migraineur's environment that involves adjustment and adaptation can provoke a headache. Changing schools or jobs requires a great deal of adaptation, resulting in difficulty for the migraine sufferer. Travel may provoke migraine headaches because of the change in routine or diet, as well as the new environmental and atmospheric conditions. Many migraineurs are sensitive to travel and seasickness. The jarring motion of a car, train, or boat can trigger a headache. A change in sleep pattern or activity level may change the frequency of migraine attacks.



Many migraine sufferers are very sensitive to light, especially to glare. Bright lights are more likely to trigger migraine headaches when they are of a "flickering" quality, and a slow flicker is usually more irritating than a more rapid one. It is believed that some people have more excitable brain cells in response to light than others. A dazzling, flicker type of light can be found in light reflected on snow, sand, or water, or through clouds. Some fluorescent lighting or the light that flickers from television and movie screens may have a similar effect. Lower resolution computer screens can also produce visual signals that contribute to headaches. The use of Polaroid lenses or glare screens in these conditions can be helpful.

Certain fumes and vapors can trigger a migraine headache. Carbon monoxide poisoning from a poorly ventilated environment can provoke a headache. Faulty furnaces in winter can be responsible for such fumes. The nitrites used in explosives can trigger a headache in susceptible persons who are employed in munitions plants. Smoking can provoke or intensify a headache. It can cause biological changes in the blood and blood vessels. Just being in a smoke-filled environment can provoke a headache in susceptible people. Loud and irritating noises also can precipitate migraine headaches. This may be associated with stress.

Many physical factors also can trigger migraine headaches; including overexertion such as bending, straining, or lifting; toothache; or localized head or neck pains.

For more information about managing headache pain visit:

<http://www.headaches.org/>

---