

Healthy Hints: July 2010



UV Safety Month

While some exposure to sunlight can be enjoyable, too much can be dangerous causing long term skin and eye damage.

Facts About UV Radiation:

- UV radiation is a known human carcinogen, according to the U.S. Department of Health and Human Services.
- UV rays are usually worse from 10:00 am to 2:00 pm.
- Some medications can increase sensitivity to UV rays.
- UV rays are worse when you are surrounded by reflective surfaces.
- UV rays are worse at higher altitudes.
- UV rays are worse the closer you get to the equator.

Facts About Skin Cancer:

- Skin cancer is the most common form of cancer in the United States.
- 1 in 5 Americans will develop skin cancer in the course of a lifetime.
- One person dies of melanoma every 62 minutes.
- Every time your skin color changes after sun exposure, you increase your risk of sun-related injury or illness.



How can you protect your skin from harmful UV radiation?

- Avoid sunburns, tanning, and UV tanning booths.
- Wear a sunscreen with an SPF of 15 or higher everyday.
- Seek the shade, especially between 10:00 A.M. and 4:00 P.M.
- Examine your skin from your head-to-toe monthly.
- See your physician every year for a professional skin exam.

How can you protect your eyes from harmful UV radiation?

- Be aware that damaging rays can be reflected off the sand, snow, and pavement.
- Wear a wide-brimmed hat and sunglasses whenever you step out into the sun.
- Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays. This ability is not dependent on the darkness of the lenses or the price tag.
- See your physician every year for a professional eye exam.
- If you wear contact lenses with UV protection, still wear sunglasses to protect the full eye.

Source: www.skincancer.org; www.eyemd@aao.org

Eating Out Healthy Tip of the Month

Order a regular or child-sized portion. Larger portions are probably more than you need. Try substituting an appetizer for your main course.

