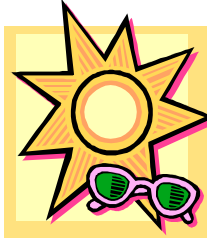


## Sunscreen: Answers to Your Burning Questions

UV Safety Month is a great time to spread the message of sun, fun and UV safety to your community.

If you're like most people, you enjoy spending time outdoors and feeling the heat of the sun on your skin. But not all the sun's rays are pleasing. Ultraviolet (UV) light (a main cause of skin cancer) — invisible, but intense rays from the sun — can damage your skin and increase your risk of skin cancer.



Though it's not the only safeguard you need to take, sunscreen is one of the easiest ways to protect your skin and is a good first line of defense.

### Get the Most Protection from Your Sunscreen

#### How do sunscreens work?

Sunscreen absorbs, reflects or scatters UV light. It's divided into three wavelength bands — ultraviolet A (UVA), ultraviolet B (UVB) and ultraviolet C (UVC). Only UVA and UVB rays reach the earth.

Sunscreens provide either *physical* or *chemical* protection from UV light.

Physical sunscreens form an opaque film that reflects or scatters UV light before it can penetrate the skin. These sunscreens contain ingredients, such as **zinc oxide** and **titanium dioxide**, which protect against both UVA and UVB rays. Original formulations of physical sunscreens remained white when applied to the skin. Newer formulations blend more with your skin tone and are less noticeable.

Chemical sunscreens absorb UV rays before they can cause any damage. They contain one or more ingredients, such as **avobenzone** or **oxybenzone**, which absorb UVA or UVB rays. A newer over-the-counter sunscreen contains **mexoryl** (Anthelios SX) and offers protection against both UVA and UVB radiation.

#### Who should use sunscreen?

If you spend time outdoors during daylight hours, you need to use sunscreen even if you have darker skin pigment, tan easily and can tolerate longer periods of sun exposure without burning. Regardless of skin type, the sun's energy penetrates deeply into the skin and damages DNA of skin cells.

This damage may ultimately lead to skin cancer.

Children are especially susceptible to the harmful effects of the sun, so take extra steps to protect their skin and to prevent sunburns. Babies younger than 6 months should be kept out of direct sunlight because their skin is even more fragile.

#### What is an SPF?

All sunscreen products include an SPF, which stands for sun protection factor. The SPF number is a measurement of the amount of UVB protection — the higher the number, the greater the protection. Currently, there's no standard rating system that measures UVA protection.

SPF is not an indication of how much time you can spend in the sun. For example, if you use a sunscreen with an SPF 30 rather than one with an SPF 15, it doesn't mean you can stay in the sun twice as long. In reality, an SPF of 15 filters out about 93 percent of the UVB rays; SPF 30 filters about 97 percent of UVB rays. The beneficial effects of sunscreen decrease over time, so after a few hours the difference between the two may be even less.

Don't rely on the SPF rating to decide how long you're safe in the sun. And don't count on your skin to tell you when you've had too much sun. It may take up to 24 hours for a sunburn to develop fully.

#### What reduces the effectiveness of sunscreen?

How much protection your sunscreen offers depends on many factors, including how likely your skin is to burn (your skin type), the amount and type of sunscreen used, how often the sunscreen is applied, and how intense the UV rays are. In addition, many factors can make sunscreen less effective. These include:

- ◆ High humidity
- ◆ Sweating
- ◆ Drying or rubbing your skin with a towel
- ◆ Swimming, showers or other contact with water



#### What should you look for when buying sunscreen?

Not all sunscreens are the same. Be sure to:

- ◆ Select a broad-spectrum sunscreen with an SPF of at least 15. Broad-spectrum products provide protection against both UVA and UVB radiation. Look on the ingredient labels for **oxybenzone**, **sulisobenzone**, **avobenzone** (Parsol 1789), **ecamsule**, **titanium dioxide** or **zinc oxide**.
- ◆ Make sure any product you use actually contains sunscreen. Many tanning oils and lotions don't. Products that don't contain sunscreen are required by law to clearly indicate that on the label.

- ◆ Understand labels. Look for sunscreens labeled "water resistant," which offers some protection against washing off in water or when perspiring heavily. Sunscreens can no longer be labeled "waterproof" because all sunscreens wash off to some extent. Other terms that can no longer be used on sunscreen product labels include "sun block" (no product actually blocks all UV rays) and "all-day" (no sunscreen lasts all day).

*How much sunscreen is necessary, and how often should it be applied?*

Most people use sunscreen too sparingly. A liberal application is 1 ounce (29 milliliters) to cover all exposed parts of the body. If you have a 4-ounce (118-milliliter) bottle, you'll be using about one-fourth of it for one application. Be sure to rub the sunscreen in well. To maximize protection, apply sunscreen liberally 30 minutes before going outdoors and reapply every two hours, or sooner as needed.



#### Is sunscreen enough to protect your skin?

Though it offers some protection, no sunscreen blocks out all of the UV rays.

Therefore, sunscreen shouldn't replace other protective measures, such as limiting the time you spend in the sun and covering your skin. For the most complete sun protection, use all three of these methods:

- ◆ Avoid the sun between 10 a.m. and 4 p.m. Because the sun's rays are strongest during these hours, try to schedule outdoor activities for other times of the day. Seek shade whenever possible. If you're unable to avoid being in the sun, limit the amount of time you're outdoors during these peak hours.
- ◆ Cover up. Wear tightly woven clothing that covers your arms and legs and a broad-brimmed hat, which provides more protection than does a baseball cap or golf visor. Also, consider wearing clothing or outdoor gear specially designed to provide sun protection.
- ◆ Use sunscreen frequently and liberally. Apply sunscreen liberally 30 minutes before going outdoors and reapply about every two hours. Use it even on cloudy or hazy days. UV rays can penetrate cloud cover.

*(Information taken from the Mayo Clinic website)*

## Be Salmonella Safe!

### What is *Salmonella*?

- ◆ *Salmonella* is a group of bacteria that can cause illness in people and animals.
- ◆ *Salmonella* bacteria are tiny creatures that live in the intestines of animals (like turtles, snakes, lizards, frogs, salamanders, birds, and mice), and people.
- ◆ *Salmonella* can contaminate a variety of foods, such as meats, eggs, milk, seafood, vegetables, fruits, and even chocolate and peanut butter.



### How do you get *Salmonella*?

- ◆ People can get *Salmonella* by eating foods contaminated by human or other animal feces. (For example, someone prepares a sandwich and does not wash his or her hands with soap and water after using the bathroom and then serves the sandwich to you. This can spread the *Salmonella* bacteria to you.)
- ◆ Eating raw or uncooked foods.
- ◆ Children can get *Salmonella* by kissing or holding reptiles, baby birds, or other small animals.

### What are the symptoms of *Salmonellas*?

- ◆ diarrhea
- ◆ fever,
- ◆ stomach cramps.

Symptoms can start 12-72 hours after infection and can last 4-7 days. Most people get better with only drinking more fluid.

### How can you be *Salmonella* Safe

- ◆ Wash your hands with soap and water after touching animals (especially reptiles, birds, or amphibians), raw meat, poultry, or pet foods or treats.
- ◆ Cook poultry (like chicken or turkey) meat, hamburger, and eggs thoroughly.
- ◆ Don't eat or drink foods that have uncooked eggs or raw (unpasteurized) milk in them.
- ◆ Wash all kitchen work areas and utensils with soap and water right away after you have used them for cooking with raw meat or poultry.
- ◆ Wash your hands after going to the bathroom as well.

## Snoring: A Health Hazard?

Forty-five percent of normal adults snore at least occasionally, and 25 percent are habitual snorers. Problem snoring is more frequent in males and overweight persons, and it usually grows worse with age. Snoring is an indication of obstructed breathing. Therefore, it should not be taken lightly.

More than 300 devices are registered in the U.S. Patent and Trademark Office as cures for snoring. Some are variations on the old idea of sewing a sock that holds a tennis ball on the pajama back to force the snorer to sleep on his side since snoring is often worse when a person sleeps on his back. Some devices reposition the lower jaw forward; some open nasal air passages; a few others have been designed to condition a person not to snore by producing unpleasant stimuli when snoring occurs. But, if you snore, the truth is that it is not under your control. If anti-snoring devices work, it is probably because they keep you awake.



### *Self-help for the light snorer*

Adults who suffer from mild or occasional snoring should try the following self-help remedies:

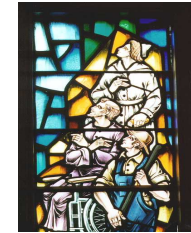
- ◆ Adopt a healthy and athletic lifestyle to develop good muscle tone and lose weight.
- ◆ Avoid tranquilizers, sleeping pills, and antihistamines before bedtime.
- ◆ Avoid alcohol for at least four hours and heavy meals or snacks for three hours before retiring.
- ◆ Establish regular sleeping patterns
- ◆ Sleep on your side rather than your back.
- ◆ Tilt the head of your bed upwards four inches

### *Is there a cure for heavy snoring?*

Heavy snorers, those who snore in any position or are disruptive to the family, should seek medical advice to ensure that sleep apnea is not a problem. An otolaryngologist will provide a thorough examination of the nose, mouth, throat, palate, and neck. A sleep study in a laboratory environment may be necessary to determine how serious the snoring is and what effects it has on the snorer's health.

### Health Ministry Contact Information:

# Wellness Wisdom



Volume 1, Issue 6

July 2010

*“As long as the earth endures,  
seedtime and harvest,  
cold and heat, summer and winter,  
day and night will never cease.”  
Genesis 8:22*

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