



W.A.S.H. IT NEWS

Offering Wisdom and AWAREness for Student Health

Brought to you by Health AWAREness at the Center for Health and Well-Being May 5, 2014

Here Comes the Sun! Are You Protected?

Tanned skin is a popular trend among many Americans. *More than 1 million individuals* in the U.S. frequent tanning salons each day. ***But did you know that a tan is visible proof of skin damage?*** When ultraviolet radiation hits your skin, it stimulates cells known as melanocytes. They, in turn, produce a brown pigment called melanin. Melanocytes respond to the sun by making even more melanin to protect your skin from the sun. The melanin acts like an umbrella for the skin's cells and gives you the brown tint recognized as a suntan.

UVA/UVB Radiation

Exposure to ultraviolet (UV) rays increases your risk of skin cancer. UV rays cause genetic mutations in the skin that suppress anti-cancer defenses. The sun's rays contain two types of ultraviolet radiation that reach your skin:

UVA and **UVB**.

UVA radiation penetrates the lower layers (the dermis), whereas **UVB** radiation burns the upper layers of skin (the epidermis), causing sunburn. If you continue to be exposed to the sun, the **UVA** and **UVB** radiation can eventually damage your skin.

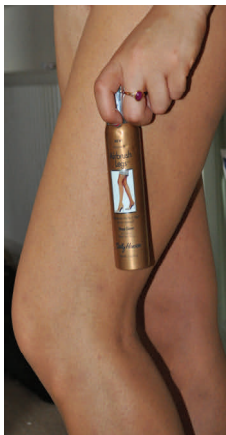
That damage shows up as:

- wrinkles
- brown age spots (liver spots) →
- blotchiness
- sagging skin



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

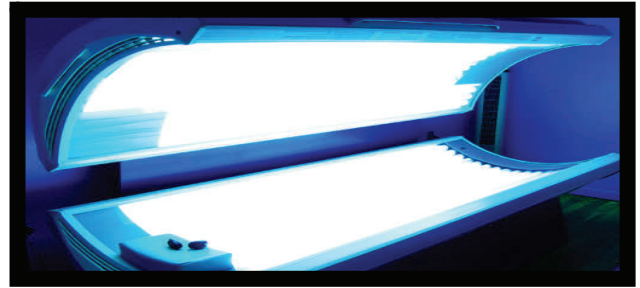
1. Avoid the sun between 10 a.m. and 4 p.m.
2. Wear a brimmed hat and sunglasses to provide protection against UV rays.
3. Block some of the sun's harmful rays by using SPF 15+ sunscreen. Be sure it blocks both UVA and UVB rays.
4. Lather up! Many people don't apply enough sunscreen to get full protection.
5. Reapply sunscreen often and use water/sweat proof products if swimming or playing sports.



Want the sun-kissed look without the high risk for skin cancer?

Try a sunless tanning spray or go with an airbrush at a professional salon. Same natural look with no harm done!

Sources: skincancer.org, mayoclinic.org, cancer.org



Skin Cancer Facts

Skin cancer is the most common form of cancer in the U.S. It is more common than breast, lung, colon, and prostate cancer combined.

Melanoma, the most fatal form, makes up three percent of diagnoses, but 75 percent of deaths. One person dies from melanoma each hour in the United States.

People who first use tanning beds in their teens or twenties increase their risk of developing melanoma by up to 75 percent and are at much greater risk for developing other skin cancers.

UV rays found in tanning beds can damage the retina of the eye and burn the cornea. Closing your eyes, wearing sunglasses or using cotton wads will NOT protect you as well as goggles or eye shades.

Though skin cancer occurs less frequently in African Americans, it is much more fatal for African Americans than Caucasians.

Warning Signs

See your doctor immediately if you have any of the following signs:

- ♦ A skin growth that increases in size and appears pearly, translucent, tan, brown, black, or multicolored.
- ♦ A mole, birthmark, or any brown spot that:
 - * changes color, size, thickness, or texture
 - * has an irregular outline
 - * is bigger than the size of a pencil eraser
 - * appears after age 21
- ♦ A spot or sore that continues to itch, crust, hurt, erode, bleed, or does not heal within three weeks.



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