OVeR EXPOSED

WHAT'S INSIDE

Skin is in

ABC and D's

Are You Hooked?

Tanning Bed or Tanning Casket?

The Naked Truth

WINDSOR - ESSEX COUNTY HEALTH UNIT
Unité sanitaire de Windsor comté d'Essex
WINDSOR • ESSEX • LEAMINGTON
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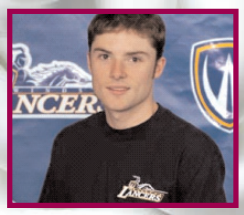
WORKING TOGETHER TO BUILD A HEALTHY COMMUNITY
PUBLIC HEALTH UNIT, MUNICIPALITY OF CHATHAM-KENT

COUNTY OF LAMBTON

SKIN IS IN SKIN IS IN SKIN IS IN

Brandon Young
University of Windsor
Track & Field
1500m and 3000m



"It's worth it in the long run to use sunscreen. A tan looks good on you now when you're nice and bronzed up, but when you're an old wrinkly person later on in life, you're going to regret it. People don't realize how important sunscreen is."

Courtney Babcock
Canadian Olympic
Contender - Athens
Track 5km and 10km
1500m and 3000m

"I think we have a sense of invincibility when we are young and that can come back to haunt us. A tan will last a few days while cancer will kill you. Is it worth it?"

Laura Matthews
Cowgirl
Canadian Cowgirl
Precision Drill Team
TJ Stables, Chatham

" I hope people realize that a tan might be nice, but have they ever seen someone that has to get spots removed because of skin cancer? We put sunscreen on our horses' nose, ears and around their eyes, especially the horses that have light coloured skin, because they burn faster."

tanning bed OR TANNING CASKET?

So you want a nice looking tan without the dangers of sun exposure and you think tanning beds are the way to go? Think again.

Exposure to any kind of ultraviolet radiation, whether from the sun or from tanning lamps, increases your risk of melanoma (the deadliest form of skin cancer) and other skin cancers. ***Tanning lamps are to skin cancer what cigarettes are to lung cancer.***

Why are tanning lamps unsafe? Research is clear about this - tanning lamps expose you to ultraviolet radiation, a known carcinogen (cancer-causing substance). There are two types of harmful ultraviolet radiation. The first is UVB, which causes sunburns, skin aging, and skin cancer. The second is UVA; it does not burn but penetrates the skin more deeply causing wrinkles, premature aging, and skin cancer. *Skin cancer is the most common type of cancer in Canada* accounting for one-third of all cancers. There are three kinds of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma. The first two can cause disfigurement. Melanoma, although less common is more serious because it can lead to death. Cancer agencies agree, since sun exposure is linked to most skin cancers reducing exposure to ultraviolet radiation would cut the number of new cancer cases the same way that quitting smoking cuts lung cancer in smokers.

According to the Canadian Dermatology Association, *"no tan is a good tan,"* since all exposure to ultraviolet radiation, whether from the sun or a **tanning lamp damages the skin to some extent.**

TANNED SKIN = DAMAGED SKIN

DID YOU KNOW?

Tanning beds can emit up to five times as much ultraviolet radiation as Australia's intense midday sun.

Research indicates that any use of sunbeds and sunlamps elevates the risk for malignant melanoma. According to the American Academy of Pediatrics: ***If you are under 30 and use tanning beds regularly (10 times or more per year) your risk of developing melanoma is increased nearly 8 times.***

STILL WANT A TAN? WHAT ABOUT SELF-TANNING CREAMS?

The Canadian Dermatology Association states that the use of self-tanning creams "are safe and do not harm the skin. Their mode of action is that of a dye to give the skin colour. It's important to note that these creams do not protect the skin from sun damage and the users must use sun protection as well. Some creams combine self-tanning and sun screen, and these are the most useful".

EXPOSED the NAKED TRUTH QUIZ

1 **The best way to dress for sun safety is to wear a:**

a) Baseball cap

b) White T-shirt

c) See through cover-up

d) None of the above

2 **Are there certain drugs or cosmetics that make the skin more sensitive to the sun's rays?**

a) Yes, some drugs and cosmetics could increase skin sensitivity

b) No, it is not a problem

3 **Recommended sources of Vitamin D include:**

a) Food

b) Tanning lights

c) The sun

d) Multivitamins

e) All of the above

f) A, C, & D

4 **When choosing a sunscreen, what should you look for?**

a) The expiration date; do not purchase if expired

b) Sunscreen of at least SPF 15

c) Broad-spectrum sunscreen

d) All of the above

5 **Thoroughly check your skin for changes in moles, blemishes, and birthmarks...**

a) Once a year

b) Once a month

c) After you have been out in the sun

6 **Does having naturally dark skin or a base tan protect you from sunburn?**

a) Yes, darker skin whether natural or from tanning is protected from sunburn

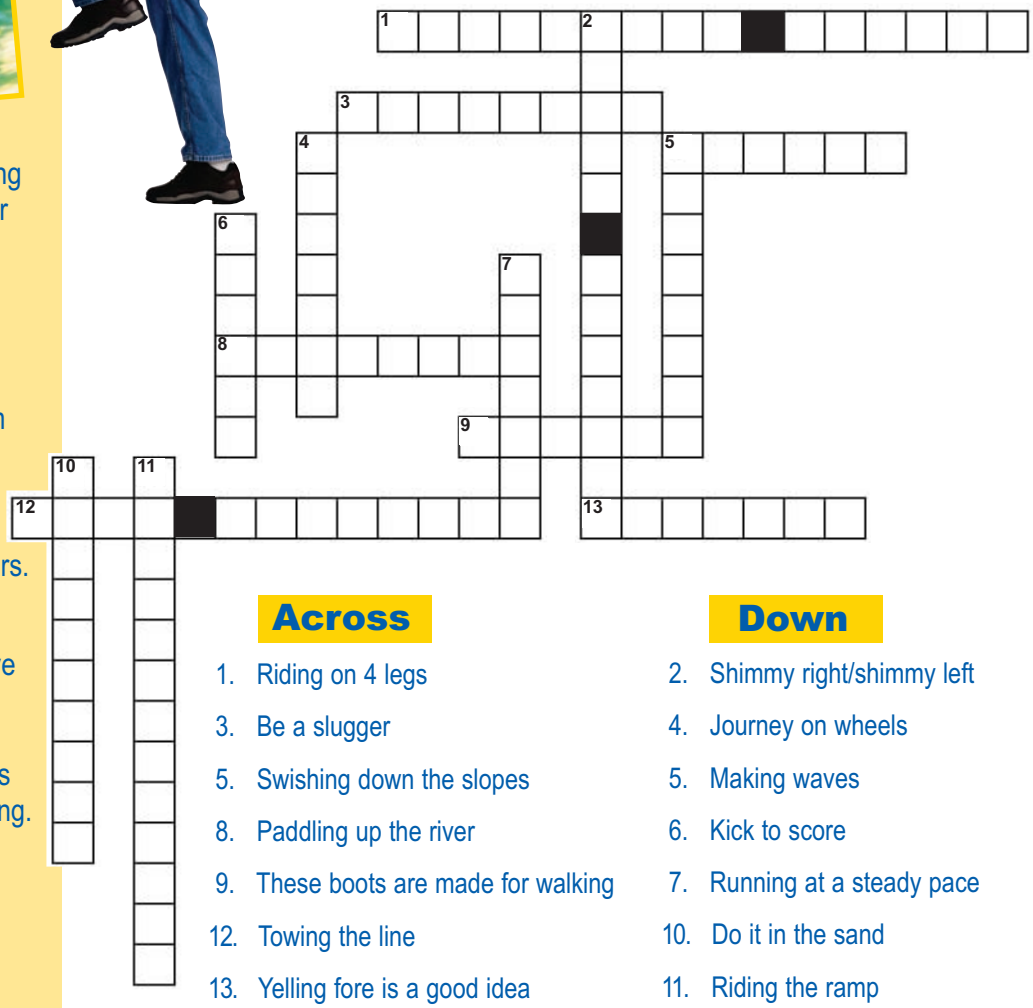
b) No, because after a visit to the tanning salon, a person can still burn

c) No, skin that is naturally dark or has a base tan can sunburn

See Answers to The Naked Truth Quiz on Page 11

WANNA GET PHYSICAL

To increase your energy level, decrease your stress level and sleep better at night, be physically active every day for 30 minutes. Try this puzzle for ideas for outdoor activities.

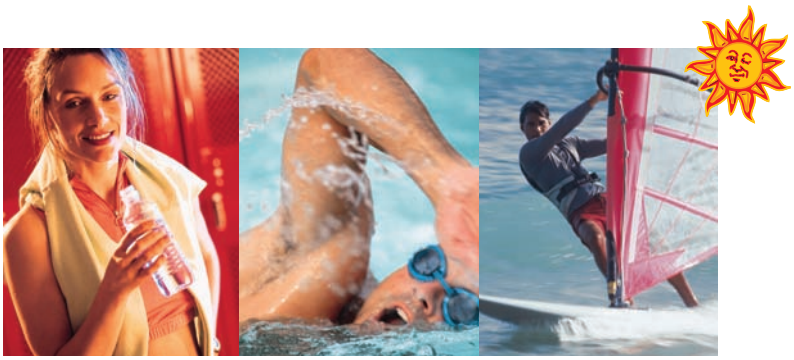


Across

1. Riding on 4 legs
3. Be a slugger
5. Swishing down the slopes
8. Paddling up the river
9. These boots are made for walking
12. Towing the line
13. Yelling fore is a good idea

Down

2. Shimmy right/shimmy left
4. Journey on wheels
5. Making waves
6. Kick to score
7. Running at a steady pace
10. Do it in the sand
11. Riding the ramp



To benefit your health and well-being find an activity you enjoy and do it for 30 minutes every day. While being active outdoors remember to protect yourself from the sun and have fun.

Reduce exposure to the sun during peak UV times which are from 10 am to 4 pm. Seek shade or make your own. Wear a wide brimmed hat or a French foreign legion type hat to protect your face, head, neck and ears.

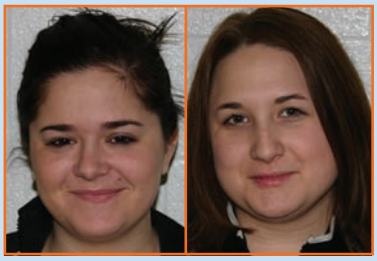
Use a broad-spectrum (UVA, UVB) sunscreen with a SPF (Sun Protective Factor) of 15 or higher. Apply 15-30 minutes before going outdoors. Re-apply often, at least every 2 hours and after being in the water or sweating. Ask a pharmacist which sunscreen is best for you.

Wear the gear, include UV protective sunglasses. Drink plenty of water to avoid dehydration. Drink before, during, and after activitiy.

Be smart.
Be safe!
Wear the gear!
Protect your skin!
Don't be a statistic!

See Answers to Wanna Get Physical Crossword on Page 11

AL·TAN·ATIVES
more to beauty than having a tan



By Sarah Vincent & Sylvie Chouinard
St. Clair College Journalism Students

If you are tired of hearing about people's exotic winter vacations and envying their sun-kissed skin, take heart. There are ways to get compliments without having a tan; ways to look and feel good without risking long-term skin damage.

You can get a natural looking tan without having to visit tanning salons or spend hours baking in the sun. If you can't or won't tan, be the one others are jealous of because you have radiant healthy skin. Getting started on the path to healthy skin takes time. You need to keep in mind that skin types differ and everyone needs to find their own skin remedy and routine that works.

Before you begin to use new creams and lotions, find a product that suits your skin type by researching different products. If you are cash-strapped make your own skin care products using natural ingredients. Experimenting with homemade recipes can be less costly and gives you many different types of potions. Just a few of the most popular recipes are oat and brown sugar scrub, banana supreme or apple zinger facial masks. Check the library or Internet for recipes.

"Try self-tanners, if you still like the look of a tan, but don't want to cook yourself like a Christmas turkey."

"The importance of keeping your skin healthy can't be over emphasized. Your skin is important because it is the body's first line of defence against disease, infection, and it protects your internal organs. So, to help your skin stay healthy, get proper rest, reduce stress in your life, exercise regularly, eat healthy and drink a lot of water to help hydrate your skin" said Deb Rymal, Esthetics Program Coordinator at St. Clair College. Laura, a visual trainer who organizes stores in Southern Ontario states that wearing a trendy outfit or accessories can keep the focus off the skin. The style, shade and colour of clothes can enhance appearance. The trick is to pick colours that compliment your natural look. Joyce, a skin and cosmetic specialist indicates if you want skin to look darker use warm colours such as browns, beiges and oranges.

"The importance of keeping your skin healthy cannot be over emphasized."

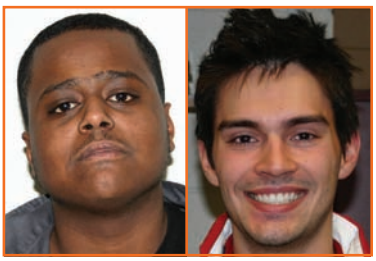
For skin to look lighter use cool colours such as blues, pinks and purples. Concealers, foundations, powders and bronzers can also change the colour of your skin.

Try self-tanners, if you still like the look of a tan, but don't want to cook yourself like a Christmas turkey. Feeling good about yourself is only the first step towards being comfortable with your appearance. We all know that the more we take care of ourselves the better we feel. So grab a few friends, be creative and most importantly have fun. **Self-confidence is the only sure fire way to feel as good as you look.**

Special thanks to Ms. Veronique Mandal, RN,
Professor, Journalism,
St. Clair College, Windsor

the ULTIMATE COST

By Petros Tsegaue & Dave Zura
St. Clair College Journalism Students



Melanoma, the most deadly form of skin cancer causes approximately 17 deaths per week in Canada. Nearly one-third of melanoma cancers occur in 20 to 44 year olds.

Everyone wants to look good, but the cost of absorbing ultraviolet radiation may be the one price you won't want to pay. Millions of Canadians spend billions of dollars to achieve that perfect, bronzed complexion.

The leading cause of skin cancer is over-exposure to ultraviolet radiation.The damage that will happen to skin is cumulative (damage adds up over time). That means young people need to consider a few points:

- The more time you spend exposed to ultraviolet radiation, the higher your risk for developing skin cancer.
- Sunscreens protect your skin but won't fix or undo damage already done.
- A tan means your skin is damaged whether from the sun or from a tanning salon.

The Canadian Dermatology Association (CDA) is now seeing a trend of young people being diagnosed with skin cancer that used to be found in people over 50.

Over-exposure to ultraviolet radiation is a dangerous, unhealthy activity no matter what the skin type. The myth that non-caucasions do not need protection from the sun or from tanning salons is alive and well, and it's no wonder. According to Cancer Care Ontario, melanoma is uncommon in non-caucasians. It is difficult for some non-caucasians to believe that skin cancer could affect them. Although they may be less susceptible to skin cancer, they are still at risk.

Dermatologists in North America are urging federal regulators to ban tanning booth use for young teens

There are an estimated 2,500 to 3,000 tanning salons across Canada generating an average annual revenue of about $600 million. Dermatologists in North America are urging federal regulators to ban tanning booth use for young teens. The group goes even further by urging the "Food and Drug Administration to take action that will ban the sale and use of tanning equipment for non-medical purposes for this age group." Speaking at a conference for North American dermatologists, Dr. James Spencer said, "research has shown that indoor tanning is dangerous, and there should be laws to protect children from engaging in this activity as there are from other unhealthy behaviours such as drinking or smoking."
We are all at risk. The ultimate cost is not worth it.

Special thanks to Ms. Veronique Mandal, RN,
Professor, Journalism,
St. Clair College, Windsor

ARE YOU hooked?

Can you ever be too tanned?

Have people annoyed you by criticizing how often you tan?

Have you ever thought you should cut down on the amount you tan?

Have you ever felt relaxed, peaceful, calm, or hassle-free after you've tanned?

If you answered yes to any of the above questions, you may be "tanorexic". The media has coined this term to refer to someone who is hooked on tanning.

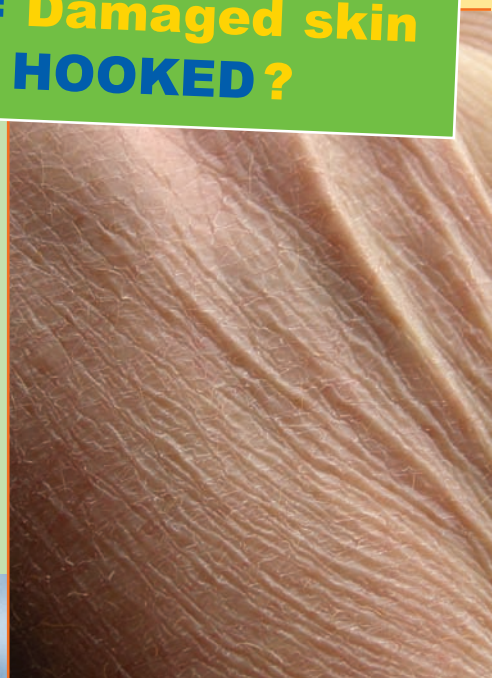
This new generation of sun worshipers tans almost to the point of being addicted, despite the health warnings. Leading journals report that baking in the sun or using tanning booths can provoke feelings of relaxation, triggering a person with a certain type of psychological make-up, to tan over and over again.

The media bombards us with visual images of tanned stars who are successful, fashionable and desirable like Britney, Jennifer, Christina, Brad…The billion-dollar tanning industry uses savvy marketing techniques to sell the message that tanning is not harmful.

For many young people when given the choice between health and style, style usually wins at least in the short term. If tanorexics could see themselves in the future after years of tanning, they would see wrinkles, saggy skin, brown spots and a real risk of developing skin cancer.

How will you look ten years from now? Is a tan in the short term worth developing cancer in the long term? The choice is yours to make TODAY!

Tanned skin = Damaged skin
ARE YOU *still* HOOKED?



Need more Info?

Windsor-Essex County Health Unit
Intake Nurse Line
519-258-2146 x 1350

Teen Health Centre Windsor
(12 to 24 years of age)
519-253-8481

County of Lambton Community Health Services Department
Health Promotion
and Program Support
519-344-2062

Chatham-Kent Public Health Unit
519-352-7270

HANDS ON how to use self-tanners

By Dorothy Pardalis, Pharmacist

Q - Do self-tanners really make skin looked tanned?

A - Yes

They contain a colourless sugar called dihydroxyacetone (DHA). The self tanner tints the colour of dead skin cells. In a few days or so, you will shed the dead skin cells and lose your tan. These products are considered very safe but you do need to be aware of the rare possibility of irritation or an allergic reaction. The DHA in these self-tanners provides very little sun protection so you should still apply sunscreen as you normally would before exposure to the sun.

Avoid other products such as "tanning accelerators" or "tanning pills" that may contain tyrosine and canthaxanthin as these products have not been proven to be effective and can even be harmful.

Ensure that the ingredient in the self-tanner is indeed DHA.

Always read directions carefully to avoid streaking and dark areas around ankles, knees, elbows, and hands.

U'V GOT to protect your eyes

By Dr. Gordon Warren, Optometrist

Most people like the look of sunglasses. They are a big part of fashion.

Many people do not know that sunglasses can protect eyes from ultraviolet (UV) radiation. Not all sunglasses do this, so you need to know what to look for when shopping for a pair of sunglasses.

Good sunglasses are the best way to protect your eyes. Best of all, you don't have to spend a lot of money to get quality. Be sure to buy sunglasses with a tint that you are comfortable with. You may have a difficult time seeing if the tint is too dark or light. Also, polarized lenses can be very useful in cutting down glare. Don't forget to check the label for UV protection. Look for the following information: total UV protection, total UVA and UVB protection or UV 400. If a label simply says UV protection, you may not be assured of full UV protection. If you are unsure of the protection of your current sunglasses, many optical suppliers have an instrument to detect the level of protection.

It can be more harmful to wear a poor quality pair of sunglasses than no sunglasses at all. A tinted lens will usually cause your eyes to let more light in by opening your pupils wider. If the lenses you wear do not have good UV protection, more UV radiation light can enter the eyes than without sunglasses at all, thus causing more damage. So when you're out shopping for your next pair of sunglasses, choose a pair that will protect your eyes adequately. By doing so, you can keep those eyes looking beautiful and keep them healthy at the same time.

ABC and D's of Body Language

By Dr. D. Toth, Dermatologist

Not all moles are cancerous, but recognizing change is important.

Melanoma, if caught early, has a 90% cure rate.

LOOK FOR THE FOLLOWING CHANGES IN ANY MOLE:

ASYMMETRY
Change in shape- one half is different than the other half.

BORDER IRREGULARITY
Change from smooth to irregular edges.

COLOR VARIATION
Change in colour.

DIAMETER
Change in size.

Images printed with permission from the Canadian Dermatology Association and World Health Organization.

MOLES: The total number of moles on your skin increases with over-exposure to the sun, especially with sunburns before age 12. A mole is a common non-cancerous group of coloured skin cells. The more moles you have, the more at risk you are for developing melanoma.

ON AVERAGE each person has 25 moles. Moles usually appear by age one. The number of moles on your body peaks during your teens and twenties.

LEARN the new way of thinking about healthy skin. Do you know your ABC and D's?

EDUCATE yourself about how to reduce your risk for skin cancer.

SEEK medical attention if you find any change in your moles, the sooner the better.

References:

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Canadian Cancer Society 2005. Skin cancer, non-melanoma statistics. Retrieved, July 25, 2005, from http://info.cancer.ca/E/CCE/cceexplorer.asp?tocid=47

Marrett, L. (April 2005). Cancer Care Ontario, Artificial Tanning Symposium. *What we know about ultraviolet radiation and skin cancer: Implications for artificial tanning*. London, ON.

A complete reference list is available at Chatham-Kent Public Health Unit, County of Lambton Community Health Services Department, and Windsor-Essex County Health Unit.

EXPOSED the NAKED TRUTH ANSWERS

1

"d" - None of the above.

A baseball cap will only offer protection to the face, not ears and neck.
The colour white does not protect skin as well as a dark colour such as navy blue. The cover-up fabric should be heavy enough that you can't see through it. Denim jeans have an SPF of 95-100; a cotton/polyester T-shirt has an SPF of 15.

2

"a" - Yes, some drugs and cosmetics can make the skin more sensitive.

Some cosmetics and certain medications (anti-depressants, some antibiotics and birth control pills) can increase skin sensitivity to the sun; therefore your skin is more likely to burn. If you have any questions be sure to talk with a pharmacist or doctor.

3

"f" - a, c, & d.

- Our bodies need Vitamin D to develop and maintain healthy bones and teeth.
- Milk, fish oils, eggs and fortified margarine are food sources of Vitamin D.
- Tanning beds are not a recommended way of getting Vitamin D because tanning equipment is not medically regulated, but more importantly, tanning beds may cause skin cancer (World Health Organization and Health Canada).
- The best sources of Vitamin D are foods and natural sunlight.
- Talk to your doctor about the need for any type of supplements.

4

"d" - All of the above.

- Make sure your sunscreen has an SPF of at least 15.
- Read and follow the manufacturer's recommendations on the bottle or tube.
- Check the expiry date.
- Choose a broad-spectrum sunscreen which blocks both UVA/UVB radiation.

5

"b" - Once a month.

The Canadian Dermatology Association recommends that you check your skin once a month.
If you notice a change in size, shape, surface and/or colour of a mole, consult a doctor.

6

"b & c" - No, skin that is naturally dark or has a base tan can burn.

Although the risk for skin cancer is lower for people with naturally dark skin, any skin type can sunburn and get skin cancer. Tanning equipment can emit up to 5 times more ultraviolet radiation than the sun. Exposing yourself to tanning lights damages your skin, even with a base tan. A dark tan on a light skinned person only offers protection equal to about an SPF of 4. Neither a base tan nor having naturally dark skin will protect you from sunburn.

Answers from Wanna Get Physical Crossword on Page 5: 1. Horseback Riding 2. Belly Dancing 3. Baseball 4. Cycling 5. Skiing 5. Swimming 6. Soccer 7. Jogging 8. Canoeing 9. Hiking 10. Volleyball 11. Skateboarding 12. Rock Climbing 13. Golfing

IF YOU'RE TANNED

Tanned or Sunburned - it's Damaged Skin

YOU'RE TOAST

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