

WHEN YOU ARE IN THE SUNLIGHT



DO

- Use sunscreen with SPF 15 or higher, even on cloudy days.
- Use liberal amounts of sunscreen.

- Apply sunscreen 30 minutes before sun exposure.
- Reapply sunscreen frequently and after swimming, even if it is “waterproof”.
- Wear loose clothing.
- Wear gray or green sunglasses.
- Wear a wide brimmed hat.
- Use a lip cream with sunscreen.

AVOID

- Sunlight from 10 A.M. - 3 P.M. When your shadow is shorter than you are, seek shade
- Tanning booths
- White surfaces in bright sunlight (sand, tennis courts, water, decks, Dacron sails, tables)
- White clothing
- Sun reflectors
- Deep Tanning Oils

For more information click on:
The American Academy of Dermatology
www.aad.org

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UNIVERSITY HEALTH AND COUNSELING SERVICES

www.uww.edu/uahcs

Corner of Prairie and Starin
Division of Student Affairs, UW-Whitewater
www.uww.edu/staffair

Hours

Monday-Friday 8:00 - 4:30; summer & evening hours may vary.

Health Services 472-1300

- * Examinations and treatment for illnesses and minor injuries
- * Laboratory tests and medications
- * Allergy injections and immunizations
- * Pelvic exam and Pap test
- * Contraceptives
- * STD and HIV antibody testing
- * Cold self care
- * Referrals to specialists
- * Phone consultations with RN
- * Rehabilitation for students with disabilities

Counseling Services 472-1305

- * Individual counseling for many concerns, including...
 - * Relationships
 - * Depression
 - * Self-esteem
 - * Values clarification
 - * Alcohol and other drugs use
 - * Sexual assault and abuse
 - * Decision-making
 - * Anxiety
 - * Sexual orientation
 - * Stress
- * Group counseling options
- * Consultations with staff
- * Referrals to community agencies
- * Crisis intervention
- * Practicum training site

Wellness Services 472-1300 ext. 2244

- * Lobby Resource Center
- * [Royal Purple](#) articles
- * Bulletin board kits
- * Healthy U newsletter
- * Web site
- * Posters
- * Wellness fairs
- * Educational presentations

Employee Assistance Program 472-1305

- * Confidential assistance and referral for employees with concerns such as:
 - * Stress
 - * Depression
 - * Finances
 - * Alcohol and other drug use
 - * Troubled coworkers
 - * Marriage/family
 - * Health

24-Hour Emergency help:

911 Whitewater Rescue Squad

472-1060 Sexual Assault Response Team
262-741-3200 or 1-800-365-1587 Crisis Line

THE DARKER SIDE OF TANNING

Think tanning will give you a “healthy” glow?

Tanning is the response of the body to INJURY CAUSED BY RADIATION.

THERE IS NO SUCH THING AS A HEALTHY TAN. Dermatologists warn that exposure to ultraviolet rays, is one of the primary causes of skin cancers and the cumulative damage from UV radiation accelerates the aging process.

HOW DOES THE SUN AFFECT HOW MY SKIN LOOKS?

Sun exposure causes photo aging. Unlike natural aging, photo aging is distinguished by coarse wrinkles, dry and rough skin, abundant freckling, loss of firmness and splotchy skin. Habitual tanning severely damages the elastic fibers below the surface of the skin, causing it to appear tight and leathery. At the same time, the skin loses its ability to bounce back from stretching and deep, dry wrinkles develop.

WHY ALL THE FUSS?

Deaths from skin cancers have shown staggering increases overall, but also seems to be increasing in younger age groups. Statistics compiled since 1950 by the National Cancer Institute show that deaths from melanoma among men have more than quadrupled and for women have tripled.

BUT ISN'T GETTING SOME SUN GOOD FOR YOUR HEALTH?

People sometimes associate a suntan with good health and vitality. In fact, just a small amount of sunlight is needed for the body to manufacture vitamin D. It doesn't take much sunlight to make all the vitamin D you can use--certainly far less than it takes to get a suntan!

WHY DOESN'T THE SKIN OF YOUNG PEOPLE SHOW THESE HARMFUL EFFECTS?

Skin aging and cancer are delayed effects that don't usually show up for many years after the exposure. Then it is too late to undo the damage that has been done. Physicians are especially concerned that cases of skin cancer will continue to increase as people who are now in their teens and twenties reach middle age.

Damage to the skin accumulates. While not everyone will develop skin cancer, premature aging of the skin will occur in EVERYONE who is repeatedly exposed to the sun. By your 30's you will a big difference in the skin on your face and hands and the skin that has not been exposed to the sun.



WHO IS AT GREATEST RISK IN THE SUN?

People with skin types I and II are at greatest risk.

- I - Always burns; never tans, sensitive
- II - Burns easily; tans minimally
- III - Burns easily; tans gradually to light brown (Average Caucasian)
- IV - Burns minimally; always tans well to moderately brown (Olive Skin)
- V - Rarely burns; tans profusely to dark (Brown Skin)
- VI - Never burns, deeply pigmented; not sensitive (Black Skin)

AREN'T TANNING BOOTHS SAFER? NO!

One study found that women who used a tanning bed at least once per month in their 20's were 2.5 times more likely to develop malignant melanoma, the most serious form of skin cancer.

Another study of both men and women found those who had EVER used a tanning bed were 2.5 times more likely to have squamous cell cancer and 1.5 times more likely to have basal cell cancer.

Natural sunlight contains both UVA and UVB rays. Tanning booths project UVA rays. UVA radiation penetrates deeper into the skin's inner layers, increasing the cancer producing effects of UVB rays. As a result, natural sun exposure is even more dangerous after tanning booth use.

The Food and Drug Administration (FDA), the Centers for Disease Control and Prevention (CDC), and the American Medical Association (AMA) discourage the use of tanning beds. Specifically, UVA radiation:

- Causes skin to become dry and leathery in appearance and weakens the skin's elasticity. This results in deeper facial wrinkles and sagging cheeks.
- Damages the unprotected lens of the eye, resulting in cataracts.
- Contributes to the development of skin cancer.
- Exaggerates a sunburn caused by UVB and causes additional skin cell injury.
- Causes abnormal skin sensitivity in persons who may be using certain drugs, including some tranquilizers, antibiotics, diuretics and birth control pills.