



IN GOOD HEALTH NEWSLETTER... JULY

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Volume 1

Issue 3

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Did You Know?

Unprotected exposure to UV radiation is the most preventable risk factor for skin cancer.

July is:

**UV Safety Month
Eye Injury Prevention Month**

UV RADIATION

Ultraviolet (UV) rays are a part of sunlight that is an invisible form of radiation. UV rays can penetrate and change the structure of skin cells. There are three types of UV rays: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC). UVA is the most abundant source of solar radiation at the earth's surface and penetrates beyond the top layer of human skin. Scientists believe that UVA radiation can cause damage to connective tissue and increase a person's risk for developing skin cancer. UVB rays penetrate less deeply into skin, but can still cause some forms of skin cancer. Natural UVC rays do not pose a risk to workers because they are absorbed by the Earth's atmosphere. Sunlight exposure is highest during the summer and between 10:00 a.m. and 4:00 p.m. Working outdoors during these times increases the chances of getting sunburned. Snow and light-colored sand reflect UV light and increase the risk of sunburn. At work sites with these conditions, UV rays may reach workers' exposed skin from both above and below. Workers are at risk of UV radiation even on cloudy days. Many drugs increase sensitivity to sunlight and the risk of getting sunburn. Some common ones include thiazides, diuretics, tetracycline, doxycycline, sulfa antibiotics, and nonsteroidal anti-inflammatory drugs, such as ibuprofen.

Workers at increased risk of UV damage include lifeguards, construction workers, agricultural workers, landscapers, gardeners, and other outdoor workers.

United States Department of Health & Human Services

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Ultraviolet (UV) radiation from the sun and from tanning beds is classified as a human carcinogen by the U.S. Department of Health and Human Services and the World Health

Health Effects of UV Radiation

Skin Cancer

Each year, more new cases of skin cancer are diagnosed in the U.S. than new cases of breast, prostate, lung, and colon cancer combined. One in five Americans will develop skin cancer in their lifetime. One American dies from skin cancer every hour. Unprotected exposure to UV radiation is the most preventable risk factor for skin cancer.

Melanoma

Melanoma, the most serious form of skin cancer, is now one of the most common cancers among adolescents and young adults ages 15-29. While melanoma accounts for about three percent of skin cancer cases, it causes more than 75 percent of skin cancer deaths. UV exposure and sunburns, particularly during childhood, are risk factors for the disease. Not all melanomas are exclusively sun-related—other possible influences include genetic factors and immune system deficiencies.

Premature Aging and Other Skin Damage

Other UV-related skin disorders include actinic keratoses and premature aging of the skin. Actinic keratoses are skin growths that occur on body areas exposed to the sun. The face, hands, forearms, and the “V” of the neck are especially susceptible to this type of lesion. Although premalignant, actinic keratoses are a risk factor for squamous cell carcinoma. Look for raised, reddish, rough-textured growths and seek prompt medical attention if you discover them.

Chronic exposure to the sun also causes premature aging, which over time can make the skin become thick, wrinkled, and leathery. Since it occurs gradually, often manifesting itself many years after the majority of a person’s sun exposure, premature aging is often regarded as an unavoidable, normal part of growing older. However, up to 90 percent of the visible skin changes commonly attributed to aging are caused by the sun. With proper protection from UV radiation, most premature aging of the skin can be avoided.

Cataracts and Other Eye Damage

Cataracts are a form of eye damage in which a loss of transparency in the lens of the eye clouds vision. If left untreated, cataracts can lead to blindness. Research has shown that UV radiation increases the likelihood of certain cataracts. Although curable with modern eye surgery, cataracts diminish the eyesight of millions of Americans and cost billions of dollars in medical care each year.

Other kinds of eye damage include pterygium (tissue growth that can block vision), skin cancer around the eyes, and degeneration of the macula (the part of the retina where visual perception is most acute). All of these problems can be lessened with proper eye protection. Look for sunglasses, glasses or contact lenses if you wear them, that offer 99 to 100 percent UV protection.

Immune Suppression

Scientists have found that overexposure to UV radiation may suppress proper functioning of the body’s immune system and the skin’s natural defenses. For example, the skin normally mounts a defense against foreign invaders such as cancers and infections. But overexposure to UV radiation can weaken the immune system, reducing the skin’s ability to protect against these invaders.



Center for Disease Control



How To Protect Your Skin



How to protect your skin

There are simple, everyday steps you can take to safeguard your skin from the harmful effects of UV from the harmful effects of UV radiation from the sun.

Wear proper clothing Wearing clothing that will protect your skin from the harmful ultraviolet (UV) rays is very important. Protective clothing are long-sleeved shirts and pants are good examples. Also, remember to protect your head and eyes with a hat and UV-resistant sunglasses. You can fall victim to sun damage on a cloudy day as well as in the winter, so dress accordingly all year round.

Avoid the burn Sunburns significantly increase one's lifetime risk of developing skin cancer. It is especially important that children be kept from sunburns as well.

Go for the shade Stay out of the sun, if possible, between the peak burning hours, which, according to the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO), are between 10 a.m. and 4 p.m. You can head for the shade, or make your own shade with protective clothing - including a broad-brimmed hat, for example.

Use extra caution when near reflective surfaces, like water, snow, and sand Water, snow, sand, even the windows of a building can reflect the damaging rays of the sun. That can increase your chance of sunburn, even if you're in what you consider a shady spot.

Use extra caution when at higher altitudes You can experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.

Apply broad-spectrum sunscreen Generously apply broad-spectrum sunscreen to cover all exposed skin. The "broad spectrum" variety protects against overexposure to ultraviolet A (UVA) and ultraviolet B (UVB) rays. The FDA recommends using sunscreens that are not only broad spectrum, but that also have a sun protection factor (SPF) value of at least 15 for protection against sun-induced skin problems.

Re-apply broad-spectrum sunscreen throughout the day Even if a sunscreen is labeled as "water-resistant," it must be reapplied throughout the day, especially after sweating or swimming. To be safe, apply sunscreen at a rate of one ounce every two hours. Depending on how much of the body needs coverage, a full-day (six-hour) outing could require one whole tube of sunscreen.

When to protect your skin

UV rays are their strongest from 10 am to 4 pm Seek shade during those times to ensure the least amount of harmful UV radiation exposure. When applying sunscreen be sure to reapply to all exposed skin at least 20 minutes before going outside. Reapply sunscreen every two hours, even on cloudy days, and after swimming or sweating

Protecting your eyes

UV rays can also penetrate the structures of your eyes and cause cell damage. According to the CDC, some of the more common sun-related vision problems include cataracts, macular degeneration, and pterygium (non-cancerous growth of the conjunctiva that can obstruct vision).

Wear a wide-brimmed hat To protect your vision, wear a wide-brimmed hat that keeps your face and eyes shaded from the sun at most angles.

Wear wrap-around style sunglasses with 99 or higher UV block Effective sunglasses should block glare, block 99 to 100% of UV rays, and have a wraparound shape to protect eyes from most angles.

United States Environmental Protection Agency



UV Index Scale

UV INDEX	RATING	DESCRIPTION	RECOMMENDATION
2 or less	LOW	No danger to the average person	You can safely stay outdoors with minimal protection. Wear sunglasses on bright days; use sunscreen if you have particularly fair skin.
3 to 5	MODERATE	Little risk of harm from unprotected sun exposure	The level of UVR may cause skin damage. Wear sunglasses and use SPF 30+ sunscreen, cover the body with clothing and a hat, and seek shade around midday when the sun is most intense.
6 to 7	HIGH	High risk of harm from unprotected sun exposure	The level of UVR can cause skin damage. Wear sunglasses and use SPF 30+ sunscreen, cover the body with sun protective clothing and a wide-brim hat, and reduce time in the sun from two hours before to three hours after <i>solar noon</i> (roughly 11:00 AM to 4:00 PM during summer in zones that observe daylight saving time).
8 to 10	VERY HIGH	Very high risk of harm from unprotected sun exposure	The level of UVR is high and dangerous. Wear SPF 30+ sunscreen, a shirt, sunglasses, and a hat. Do not stay out in the sun for too long. If you must be outside avoid the sun from two hours before to three hours after <i>solar noon</i> (roughly 11:00 AM to 4:00 PM during summer in zones that observe daylight saving time).
11 or higher	EXTREME	Extreme risk of harm from unprotected sun exposure	The level of UVR is at its highest and most dangerous. Take <u>ALL</u> precautions, including: wear sunglasses and use SPF 30+ sunscreen, cover the body with a long-sleeve shirt and trousers, wear a very broad hat. Avoid the sun from two hours before to three hours after <i>solar noon</i> unless absolutely necessary. (roughly 11:00 AM to 4:00 PM during summer in zones that observe daylight saving time).



Eye Injury Prevention

Nearly 2.5 million people suffer eye injuries each year in the United States, and nearly one million people have lost some degree of vision as a result. Most could have been prevented with protective eyewear. These are some of the most common places that eye injuries happen and prevention tips for both indoor and outdoor activities:

- In the house – When using household chemicals, read the instructions and labels carefully, work in a well-ventilated area and make sure to point spray nozzles away from you. Many chemicals are extremely hazardous and can permanently destroy the surface of your eyes, resulting in blindness. For this reason, it is very important to use appropriate eye protection to prevent blinding consequences from chemical splashes.
- In the workshop – Think about the work you will be doing and wear protective eyewear to shield your eyes from flying fragments, fumes, dust particles, sparks and splashing chemicals. Many objects can fly into your eyes unexpectedly and cause injury.
- In the garden – Put on protective eyewear before you use a lawnmower, power trimmer or edger and be sure to check for rocks and stones because they can become dangerous projectiles as they shoot from these machines. • In the garage – Battery acid sparks and debris from damaged or improperly jump-started auto batteries can severely damage your eyes. Learn the proper way to jump-start an automobile, and keep protective goggles in the trunk of your car to use for those emergencies and everyday repairs.

Did You Know?
More than one million people suffer from eye injuries each year in the United States.

Ninety percent of these injuries are preventable.

The leading causes of eye injuries include sports accidents, consumer fireworks, household chemicals and battery acid, as well as workshop and yard debris.

Follow these tips to protect your eyes from the sun all year long:

- Sun damage to eyes can occur anytime during the year, not just in the summertime, so be sure to wear UV-blocking sunglasses and broad-brimmed hats whenever you're outside. Don't be fooled by clouds: the sun's rays can pass through haze and thin clouds. Never look directly at the sun. Looking directly at the sun at any time, including during an eclipse, can lead to solar retinopathy, which is damage to the eye's retina from solar radiation. Don't forget the kids and older family members: everyone is at risk, including children and senior citizens. Protect their eyes with hats and sunglasses.

If you get an eye injury, seek medical help immediately.

- Injuries such as cuts, chemical burns or foreign bodies stuck in the eye are emergencies. Don't try to treat these yourself - contact your Eye M.D. or emergency room for help immediately.
- Even a seemingly light blow can cause a serious eye injury. If a black eye, pain or visual problem occurs after a blow, contact your Eye M.D. or emergency department immediately.
- In case of a chemical burn to the eye, flush the eye with clean water and seek emergency medical treatment immediately.

American Academy of Ophthalmology

Patriotic Parfaits

INGREDIENTS

- 0.25 c. sugar
- 0.25 c. water
- 1 c. blueberries
- 1 tbsp. fresh lemon juice
- 1 c. heavy cream
- 10 oz. angel food cake
- 2 c. strawberries
- 0.50 c. shredded coconut
- 8 canning jars

DIRECTIONS

- 1 In 1-quart saucepan, stir together sugar and water. Heat to boiling on high, stirring occasionally; stir in blueberries and lemon juice. Remove from heat. Let cool completely.
- 2 In large bowl, with mixer on medium speed, whip cream until soft peaks form. Gently fold in cooled blueberry mixture.
- 3 Place a single layer of angel food cake on bottom of 1 canning jar. Top with 2 tablespoons strawberries, then 2 tablespoons blueberry whipped cream. Repeat layering of cake, strawberries, and whipped cream. Repeat with remaining 7 jars. Serve immediately, or replace screw caps and refrigerate up to 1 day. Before serving, top each parfait with 1 tablespoon coconut.

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