



# COMMON SUNSCREEN QUESTIONS .

BY JENNA MEARS

Warmer days and sunshine are finally here! While time in the sun has many positive health benefits, overexposure can be harmful to your skin. Sunscreen protects your skin from UV rays by combining several ingredients. Here are some helpful answers to common sunscreen questions.

**When should I wear sunscreen?** You should wear sunscreen whenever you are outside (even in the winter). Harmful rays get through even on cloudy days.

**What is SPF?** SPF stands for sun protection factor, which measures sunscreen’s ability to prevent UV rays from damaging skin. As an example, if your unprotected skin reddens in 20 minutes, using an SPF of 15 prevents reddening 15 times longer.

## IN THIS ISSUE

- 2 The ABCDE's of Identifying Melanoma
- 3 Conquer Summer Threats
- 4 Harvest of the Month: Peaches

**How much and how often should I apply sunscreen?** The recommended amount of sunscreen needed to cover exposed areas is one ounce. Apply sunscreen to dry skin 15 minutes before going outside, and reapply about every two hours.

**What about water or sweat resistant sunscreen?** These terms tell you whether sunscreen remains effective for 40 or 80 minutes when swimming or sweating. No sunscreen is 100% water or sweat resistant, so always reapply while swimming or sweating.

**Can I use the sunscreen I bought last summer?** The FDA requires all sunscreens retain their original strength for at least three years. Some sunscreens do include expiration dates, so check before use and dispose accordingly.

Sources: American Academy of Dermatology. [aad.org/media/stats/prevention-and-care/sunscreen-faqs](http://aad.org/media/stats/prevention-and-care/sunscreen-faqs). Accessed 27 March 2017.  
Skin Cancer Foundation. [skincancer.org/prevention/sun-protection/sunscreen](http://skincancer.org/prevention/sun-protection/sunscreen). Accessed 27 March 2017.

## Smart Facts

### 5-15 MINUTES

of sunlight on your arms, hands, and face two or three times a week will boost your Vitamin D intake.

### 1 OUNCE

of sunscreen (approximately a shot glass) is considered the amount needed to cover exposed areas of the body.

### 10AM - 4PM

is when the sun’s rays are more direct, which increases a person’s chance of sunburn.

Sources: American Academy of Dermatology. [aad.org/media/stats/prevention-and-care/sunscreen-faqs](http://aad.org/media/stats/prevention-and-care/sunscreen-faqs). Accessed 27 March 2017.  
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## THE ABCDE'S OF IDENTIFYING MELANOMA .

BY MEGAN MILLER

The best way to beat skin cancer is to prevent it! One in five Americans will develop skin cancer in their lifetime. Though the majority of skin cancers are now highly curable, melanoma, the most serious form, claims one person every hour. Melanoma develops with the uncontrolled growth of pigment-producing cells. It can appear suddenly or develop on an existing mole. Self-examination and dermatologist visits are vital to early detection. But how do you know if something is not right? Follow the ABCDE guidelines below for more information:

**Asymmetry:** Is the shape of the lesion symmetrical? With melanoma, one half is usually unlike the other half.

**Border:** Is the border irregular? Benign moles typically have smooth, even borders, while cancerous ones are scalloped or poorly defined.

**Color:** Is more than one color present? Look for shades of tan, brown, black, varied, or uneven color.

**Diameter:** Melanomas are usually greater than six millimeters (about the size of a pencil eraser).

**Evolution:** This is the most important factor to consider. By knowing what is normal for you, it's easier to determine if your mole has changed over time, or looks different from the rest.

If you have noticed any of the above, alert your dermatologist immediately! Since skin cancer is so common, it's important to be aware of the causes and risk factors, as well as prevention guidelines. Increased risk of melanoma includes the following factors:

**UV Exposure:** Both UVA and UVB rays are dangerous to the skin, and can trigger skin cancer. Exposure to sunlight is not the only concern, as tanning bed use also raises your risk.

**Moles:** Most moles are normal, but it's important to watch for unusual ones. The more moles you have, the greater your risk for melanoma.

**Skin Type:** Fair-skinned people are at a disadvantage here, as they have an increased risk for all skin cancers.

**Personal and Family History:** If you've been diagnosed with skin cancer before, there's a higher likelihood of getting it again. Genetics also play a large role. About 10% of patients diagnosed also have a family member with a history of melanoma.

**Weakened Immune System:** People with compromised immune systems (like organ transplant patients) can have an increased risk of melanoma.



*Self-examination and dermatologist visits are vital to early detection.*

Sources: [SkinCancer.org](http://SkinCancer.org). [skincancer.org/skin-cancer-information/melanoma](http://skincancer.org/skin-cancer-information/melanoma). Accessed 21 March 2017.

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American Academy of Dermatology. [aad.org/public/spot-skin-cancer/learn-about-skin-cancer/detect/what-to-look-for](http://aad.org/public/spot-skin-cancer/learn-about-skin-cancer/detect/what-to-look-for). Accessed 21 March 2017.

# CONQUER SUMMER THREATS .

BY JOHN THOMAS

Summer fun comes with plenty of injury risks. Swimming accidents, lawnmower hazards, and sports injuries are all things we risk when spending more time outside. Most of us, however, are at greater risk of being harmed by “smaller” threats. Here are some examples and tips for dealing with them.

**Too much sun:** The sun can affect you with either sunburn or heatstroke. Fight both by being smart! Avoid prolonged time in direct sunlight. Schedule outdoor activities for mornings or evenings. Wear a hat and sunscreen, and drink plenty of water. Above all, always remember that long-term exposure to the sun today can increase your risk of skin cancer in the future.

**Things that bite:** With the threat of Lyme disease and West Nile virus, insect bites are more than just an annoyance. While bites can happen anytime and anywhere, take special care in the evening and in wooded, grassy, or wet areas. In those situations, cover up with lightweight, long-sleeved shirts and long pants, and wear insect repellent on exposed skin.

**Things that sting:** For some people, bee stings mean more than a little pain and swelling. They can be deadly. If someone is stung and begins suffering serious symptoms like disorientation, difficulty breathing, or increased anxiety, get medical help immediately.

**Plants that make us itch:** You usually don't know you've run into poison ivy or poison oak until your skin breaks out. If you do realize what has happened right away, quickly wash the affected area with soap and water, and (wearing gloves) wash any clothing or animals that have touched the plant. If you do get a rash, soothe it with calamine, oatmeal baths, or similar topical treatments.



## May 26 is Don't Fry Day

As summer approaches and you find yourself spending more time outdoors, don't forget to protect your skin from sunburn, sun damage, and skin cancer. This Don't Fry Day, stay in the shade, wear protective coverings like a wide-brimmed hat, and apply sunscreen generously, especially on children.

Source: National Council on Skin Cancer Prevention. [skincancerprevention.org/programs/dont-fry-day](http://skincancerprevention.org/programs/dont-fry-day). Accessed 3 April 2017.

# HARVEST OF THE MONTH: PEACHES

BY JILL REITSMA

Peaches are a delicious, refreshing, and versatile summer fruit. One of the largest fruit crops grown in the United States, they are packed full of 10 different vitamins, as well as dietary fiber, minerals, and antioxidants. Peaches also help maintain a healthy immune system. You'll find the freshest peaches from July through August.

## How to Select

To select peaches, pick ones that are firm to the touch, and soft but not mushy. Try not to squeeze the peach, as it will bruise easily. Look for the fruit to have a golden or yellow under color. And make sure you select peaches without bruising or blemishes.

## How to Store

Peaches that are more firm should be ripened at room temperature for a few days. When peaches are ripe, you should refrigerate them and eat them within a week of purchase.

## How to Prepare

Peaches can be eaten raw. To peel the fruit, cut along the base of it with a knife and place in boiling water for about 30



seconds. Then transfer to a bowl of ice water. Remove the fruit and pull the skin away with a knife. If you want to remove the peach's seed, use a knife to cut along the stem and around the seed. Twist to separate it into two halves. Use the knife to cut around the seed and lift it out.

Sources: LiveStrong. [livestrong.com/article/408214-what-are-the-health-benefits-of-peaches](http://livestrong.com/article/408214-what-are-the-health-benefits-of-peaches). Accessed 27 March 2017.

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## Recipe: Raspberry Peach Mango Smoothie Bowl

### Ingredients (makes 1 serving):

- 1 cup frozen mango chunks
- $\frac{3}{4}$  cup nonfat plain Greek yogurt
- $\frac{1}{4}$  cup reduced-fat milk
- 1 tsp vanilla extract
- $\frac{1}{4}$  ripe peach (sliced)
- $\frac{1}{3}$  cup raspberries
- 1 Tbsp sliced almonds
- 1 Tbsp unsweetened coconut flakes
- 1 tsp chia seeds

### Directions:

1. Combine mango, yogurt, milk, and vanilla in a blender. Puree until smooth.
2. Pour the smoothie into a bowl and top with peach slices, raspberries, almonds, coconut flakes, and chia seeds.

### Nutrition Information:

PER SERVING: 374 calories, 10g fat, 5g saturated fat, 8g fiber, 50g carbohydrates, 24g protein, 13mg cholesterol, 40g sugar, 76mg Vitamin C, 319mg calcium, 1mg iron, 94mg sodium, 864mg potassium

Source: EatingWell.com. [eatingwell.com/recipe/254618/raspberry-peach-mango-smoothie-bowl](http://eatingwell.com/recipe/254618/raspberry-peach-mango-smoothie-bowl). Accessed 27 March 2017.