

WellNet Interactive's Healthy Newsletter

July 2011

Sun Safety Awareness

Sun safety is never out of season. Summer's arrival means it's time for picnics, trips to the pool and beach—and a spike in the number of sunburns. But winter skiers and fall hikers need to be as wary of the sun's rays as swimmers do. People who work outdoors need to take precautions as well. The need for sun safety has become clear over the past 30 years; with studies showing that exposure to the sun can cause skin cancer. Harmful rays from the sun—and from sunlamps and tanning beds—may also cause eye problems, weaken your immune system, and give you unsightly skin spots, wrinkles, or "leathery" skin.

No matter what our skin color, we're all potentially susceptible to sunburn and the other detrimental effects of exposure to UV radiation. Although we all need to take precautions to protect our skin, people who need to be especially careful in the sun are those who have pale skin, blond, red, or light brown hair, been treated for skin cancer, or a family member who's had skin cancer.



Orange Dream

- 1 1/2 cups orange juice, chilled
- 1 cup light vanilla soy milk (soya milk), chilled
- 1/3 cup silken or soft tofu
- 1 tablespoon dark honey
- 1 teaspoon grated orange zest
- 1/2 teaspoon vanilla extract
- 5 ice cubes
- 4 peeled orange segments

Directions

- In a blender, combine the orange juice, soy milk, tofu, honey, orange zest, vanilla and ice cubes. Blend until smooth and frothy, about 30 seconds.
- Pour into tall, chilled glasses and garnish each glass with an orange segment.



Here are some things to think about before being in the sun:

- **Reduce Time in the Sun**—It is important to limit sun exposure between 10 a.m. and 4 p.m., when the sun's rays are strongest. Even on an overcast day, up to 80 percent of the sun's UV rays can get through the clouds. Stay in the shade as much as possible throughout the day.
- **Dress with Care**—Wear clothes that protect your body. Cover as much of your body as possible if you plan to be outside on a sunny day. Wear a wide-brimmed hat, long sleeves, and long pants. Sun-protective clothing is now available. However, FDA does not regulate such products unless the manufacturer intends to make a medical claim. Consider using an umbrella for shade.
- **Be Serious about Sunscreen**—Check product labels to make sure you get a "sun protection factor" (SPF) of 15 or more, "broad spectrum" protection—sunscreen that protects against all types of skin damage caused by sunlight, and water resistance—sunscreen that stays on your skin longer, even if it gets wet.
- **Protect the Eyes**—Sunlight reflecting off snow, sand, or water further increases exposure to UV radiation, increasing your risk of developing eye problems such as cataracts. Long hours on the beach or in the snow without adequate eye protection also can result in a short-term condition known as photokeratitis, or reversible sunburn of the cornea. This painful condition that is also known as "snow blindness" can cause temporary loss of vision.
—U.S. Food and Drug Administration