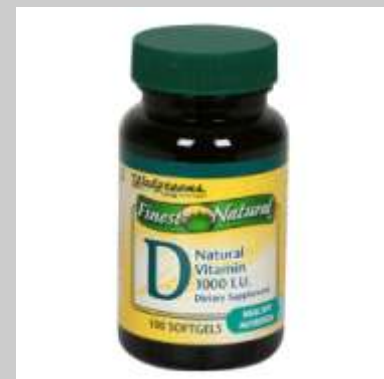




The Sun: Friend or Foe



Vitamin D (The Sunshine Vitamin)



There is a relationship between low vitamin D levels and poor bone health.

Links have been made to everything from multiple sclerosis to prostate cancer.

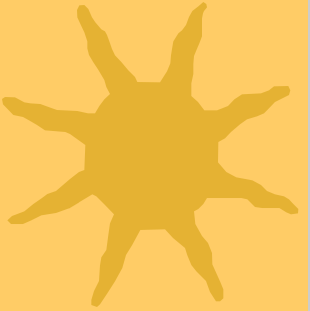
Friend



**Getting some sun
may shake off the
winter time blues.**

**Research suggests that light
hitting your skin helps reverse
seasonal affective disorder (SAD).**

Dose



Like most things in life, it's the dose that counts.

Some is beneficial, but too much can be very harmful.



Skin and Sun

Sunlight is hard on your skin.

**There is evidence that
exposure before your 20th birthday
matters most.**



Melanoma

A large Scandinavian study of melanoma risk published in the *Journal of the National Cancer Institute* in 2003 found that

ADOLESCENCE

is the most dangerous time to get sunburn.

Melanoma Superficial Spreading



Melanoma beneath the fingernail





Melanoma facts

**The American Cancer Society
estimates in 2007 8,110 fatalities
5,220 men, 2,800 women**

**Melanoma is estimated at 59,940
33,910 men, 26,030 women**

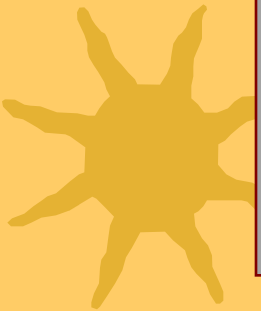
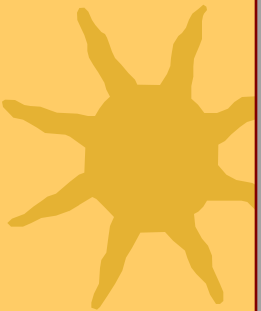
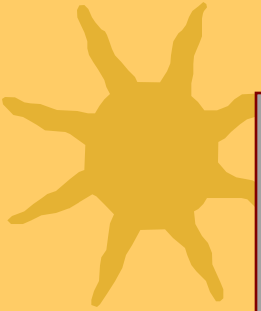


Sunburn

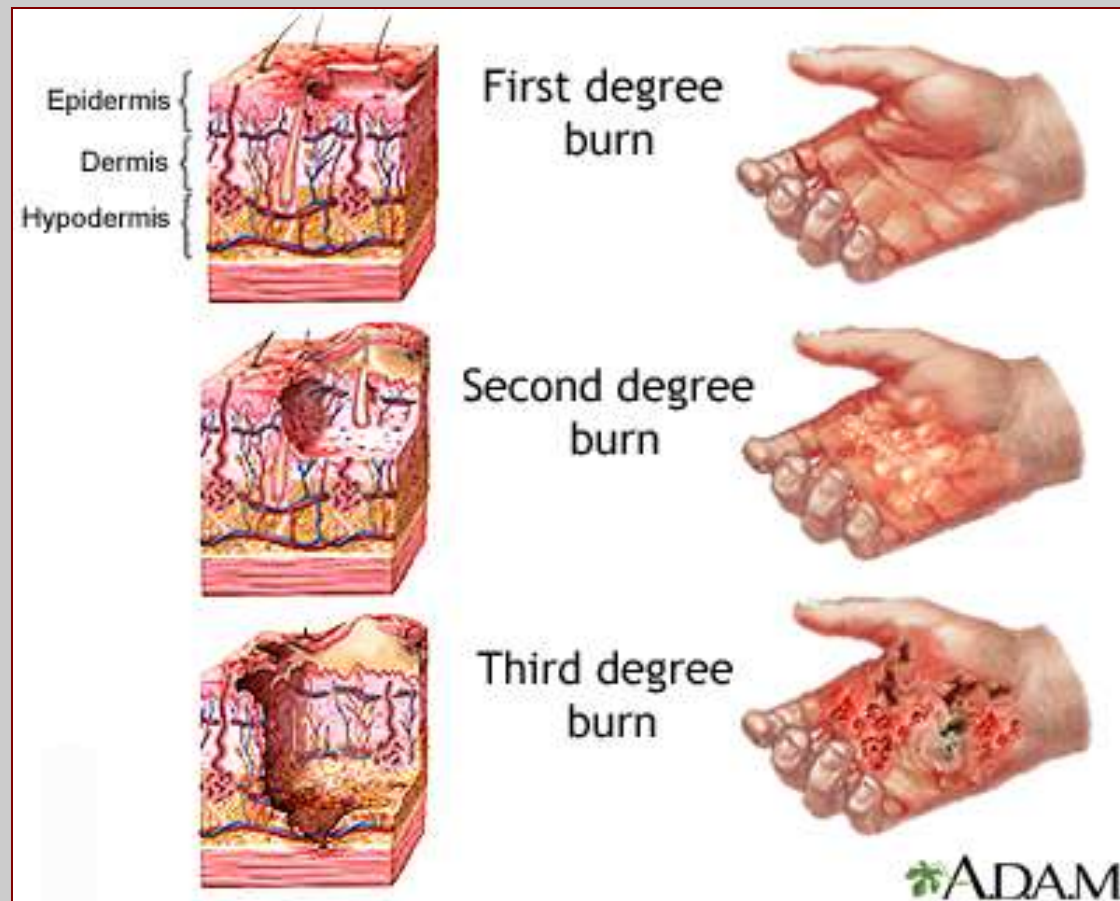
**Sunburn literally a burn on your skin,
from ultraviolet (UV) radiation.**

**The consequence is inflammation of the
skin.**

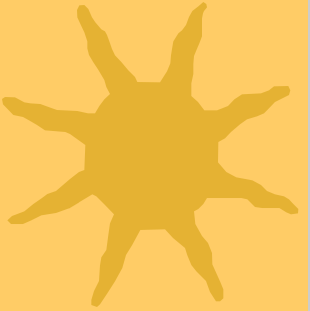
**Injury can start within 30 minutes of
exposure.**



Sunburn Levels



“Hoot Owl” Sunburn



Premature aging (photoaging) of the skin and wrinkles

Strong melanoma candidate





Both UVA and UVB are responsible for photoaging and sunburn.

Tanning beds produce both UVA and UVB rays



Certain light-skinned and fair-haired people are at greater risk of sunburn injury





High risk sunburn



Prior sun exposure & prior skin injury are risks for sunburn, even in limited exposure to the sun.





High Altitude: Skiers/Hikers/Climbers

(Pic: Everest, North Col ice field)



Everest Climber UV Victim

(Thin air, less UV protection)





Other sun related issues

- Premature Aging
- Severe Wrinkling
- Cancerous Skin tumors
- Pigmented Skin Lesion
Development (moles)
- Premature Cataract Formation

Pigmented Skin Lesion



Mild Sunburn Symptoms



Mild and uncomplicated cases of sunburn usually result in minor skin redness and irritation.



Severe Sunburn Symptoms

More severe cases (sun poisoning) are complicated by severe skin burning and blistering, massive fluid loss (dehydration) electrolyte imbalance, and infection.



Seeking Medical Care

Conditions that should motivate you to go to the hospital emergency room include the following:

- ★ Severe pain
- ★ Severe blistering
- ★ Headache
- ★ Confusion
- ★ Nausea or vomiting
- ★ Fainting





Prevention

AVOID

**extensive time
in the SUN**

Prevention

Other more practical strategies include wearing:

- ★ *Wide-brim hats*
- ★ *Long-sleeve shirts*
- ★ *Long pants.*



Sunscreen

**SPF 8 protects twice
as long as SPF 4**

**Most sunburns can
be prevented with
SPF 15**



Sensitive Skin



SPF 30



Sunscreen Notes



- **Apply and Re-apply.**
- **Apply in generous amounts & in layers.**
- **Activities such as sweating and swimming degrade its effectiveness.**
- **Sunscreens are not waterproof.**
- **Words sunblock, waterproof, and all day protection are no longer used.**



Drug Sensitivity

**Some drugs
such as antibiotics, antipsoriatics
(prescribed for skin conditions)
and acne medicines can cause
sun sensitivity.**



Tanning Salons

"Tan indoors with absolutely no harmful side effects"

"No burning, no drying, and no sun damage"

"Unlike the sun, indoor tanning will not cause skin cancer or skin aging"

True or False??



False

- ★ Tanning indoors damages your skin.
- ★ The tanners emit ultraviolet rays.
- ★ Tanning occurs when the skin produces additional pigment to protect itself from ultraviolet rays.
- ★ Overexposure can cause eye injury, premature wrinkling, and light-induced skin rashes.
- ★ Chances of developing skin cancer increase.



Other False Claims



"You can achieve a deep year-round tan with gentle, comfortable, and safe UVA light."



"No harsh glare, so no goggles or eye shades are necessary."



"Tan year round without the harmful side effects often associated with natural sunlight."



Be Wise!

Sun Wise!



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Credits

-
- **Charles Lichon, R.S., M.P.H., Creator of Children's EH Program, Midland County Health Department (CHD) Michigan**
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