



**A part of ISU Employee
Wellness Program**



June 2008
Sun Safety Month

Sun Time is not always Fun Time

Care is crucial while soaking up rays

Announcements:

Eat Light with Summer Produce
July 10 noon to 12:30 PM OR
12:30 PM to 1 PM (choose one)

2134 Gerdin

Call 4-9625 or e-mail
barclay@iastate.edu to reserve a
spot

If you would like to receive the
Wellness Works newsletter or any
other wellness information via e-
mail, please contact Sally Barclay
at Barclay@iastate.edu

Inside this issue:

Sunscreen Protection	2
Summer Sun Quiz	2
Sunning is not always	3
Recipe: Air-fried Pork- chops	3

Constant tanning bed users may expect to experience skin cancer scares, but those who are constantly in the sun should be more cautious. According to the National Cancer Institute, over 1 million cases of skin cancer are diagnosed each year, making it the most common form of cancer.

With the frequency of skin cancer so high, and the sun a perpetual part of life, it may seem like cancer scares are inevitable. However, there are many tactics that can decrease the likelihood of acquiring skin cancer. More than 90 percent of skin cancer cases are the result of sun contact, so wearing at least an SPF 15 while outside is the best protection. The Skin Cancer Foundation recommends buying sunscreens that protect from UVA and UVB rays and reapplying every two hours.

If possible, the best choice while spending time outdoors is staying in the shade. Sunglasses, long sleeves and brimmed hats are good choices to generate shade. Darker clothing provides more sun protection, but light colors keep cool in the bright sunlight. Sun Guard, an additive to laundry, gives clothes extra sun safety for about 20 washes. If having tan skin is essential, try out self-tanning lotions or spray tanning parlors. These technologies have improved greatly in recent years, so users will not appear orange after application.

Some risk factors for skin cancer are

not modifiable. During their lifetime, one in five Americans and one in three Caucasians will be diagnosed with some type of skin cancer. Individuals who are naturally lighter skinned are more at risk. Men experience more cases of skin cancer, but whether it is related to genetics or time spent in the sun is unknown.

Aging skin is often the result of sun exposure, so being vigilant now can save frustrations, and maybe even lives, in the future.

www.skincancer.org



Photo courtesy of www.irishhealth.com

Sunscreen Protection

Everybody loves hot and sunny weather, but protection against harmful ultraviolet radiation also known as UV rays is often overlooked. Doctors have become more aware of the increase in skin cancer in the United States over the past few decades and agree that people exposed to the sun should be properly protected. Premature aging, skin cancer, and permanent, sometimes blinding, damage to eyes are some of the side effects caused by harmful UV exposure. Some easy habits to pick up that will aid in the protection against harmful UV rays are as simple as wearing sunscreen while in the sun, wearing sunglasses to protect sensitive eyes, or even an umbrella to shade from the sun. These habits can make a big difference when the heat is on.

www.blog.nutritiondata.com



Summer Sun Quiz



Photo courtesy of www.hpb.gov.sg

1. What vitamin does the body receive from sun exposure?
 - A. Vitamin K
 - B. Vitamin D
 - C. Vitamin E

Answer: B. Vitamin D, which helps form stronger bones as it assists with calcium absorption.

2. How much sun exposure occurs before age 18?
 - A. 20-50%
 - B. 40-60%
 - C. 50-80%

Answer: C. 50-80%. Parents should cover their children with sunscreen with at least SPF 15 protection.



Photo courtesy of www.vitadiscount.com

3. What does a sunscreen's SPF (sun protection factor) describe?
 - A. The hours of protection provided by the sunscreen
 - B. About how many minutes longer you can stay in the sun without burning after application
 - C. The cost of the product

Answer: B. About how many minutes longer you can stay in the sun without burning after application.

4. What is the important feature to look for in sun protective sunglasses?
 - A. 100% UV (ultraviolet) protection
 - B. Stylish frames
 - C. Lenses so dark that the eyes cannot be seen

Answer: A. 100% UV protection, repeated bouts of sun exposure to the eyes can cause cataracts in old age.



Photo courtesy of www.vitamindsociety.org

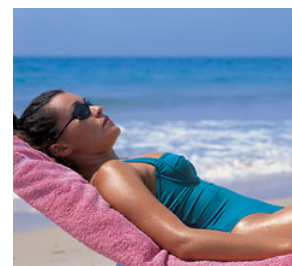


Photo courtesy of www.cdlponline.org

Sunning is not always Sinning

In today's society many people are very cautious of being in the sun. People go to the extremes to cover their whole body and use sun screens with an SPF greater than 45. Dr. Robert Stern, chair of the Department of Dermatology at Beth Israel Deaconess Medical center, said that there is no getting around the fact that sunlight is hard on your skin, but it is the combination of sunlight exposure and age that is the real culprit. Dermatologists call this



Photo courtesy of www.florida-sunvacations.com

photoaging. Experts say that there is not a direct link between skin cancer and sunlight exposure.

Several other factors come in to play such as, genetics and possible exposure at a young age (< 20 yrs. Old). A Scandinavian study of melanoma risk published in 2003 in the Journal of the National Cancer Institute found that adolescence is the most dangerous time to get a sun burn.

The UVB wavelengths that can cause sun burn also do some good. These wavelengths start the chemical and metabolic processes that produce Vitamin D, which is essential for proper bone health and to stimulate your digestive tract to help absorption of dietary calcium. Experts say that just 15 minutes of sun exposure each day can get the daily vitamin D requirements. In addition, research suggests that light hitting your skin, not only your eyes can help to reduce SAD (Seasonal Affective Disorder). Although the sun can be damaging, it can also be beneficial if the proper safety precautions are taken.

Are you looking for a lighter alternative to the typical picnic fare of fried chicken? Try this recipe using “the other white meat” courtesy of JuanCarlos Cruz, Food Network’s Calorie Commando.



Air-fried Pork Chops

Ingredients:

- 4 (3/4-inch thick) pork loin chops
- 1/2 cup Dijon mustard
- 1/2 cup Italian bread crumbs
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/2 teaspoon cayenne pepper
- Canola oil spray

Directions:

Preheat the oven to broil. Thickly coat pork chops with Dijon mustard (you may not need all of the mustard). In a shallow bowl, combine bread crumbs and seasonings. Dredge pork chops in crumbs. Arrange pork chops on a wire rack set on top of a sheet pan. Spritz bread crumb coating with a little bit of oil spray. Place under broiler and cook on both sides until coating is brown, about 5 minutes on each side. Makes 4 servings. Prep time: 10 min. Cooking time: 10 min.

Amount per serving: **Calories:**293 **Fat:**15g **Sat. Fat:** 4g
Carbs:14g **Fiber:** 1g

1. Coat



2. Arrange



3. Broil

