

Indoor vs. Outdoor Tanning

- UV radiation levels in indoor tanning devices can be up to 15 times greater than what one would be exposed to outdoors.
- New high-pressure sun lamps emit doses of UVR that can be as much as 12 times that of the sun.
- 71% of tanning salon patrons are females ages 16-29.
- Exposure to tanning beds before age 35 increases risk of melanoma by 75%.
- When tanning outdoors, risks of skin damage increase when you are outside for long periods of time.
- UV rays from the sun can reflect off of water, sand or snow and are even present on cloudy days.
- Exposure to the sun's UV rays is the most important environmental factor in developing skin cancer.
- One blistering sunburn during childhood more than doubles a person's chance of developing melanoma later on in life.

What is SPF?

- SPF stands for Sun Protection Factor. It measures how well someone is protected from the sun at a given time.
- It can be calculated from the amount of time it takes to develop redness or burning when unprotected. For example, if someone develops mild redness after 20 minutes, they may develop the same redness in 5 hours with an SPF 15 (15 times every 20 minutes).
- It is best to apply sunscreen 15-30 minutes before sun exposure.
- Reapply sunblock every 1 to 2 hours.

Toilet Talk

April 29, 2011

The Skinny On Your Skin

Did You Know...

- ...Skin covers an average area of 17 to 21 square feet and composes approximately one-sixth of the body's weight?
- ...Skin is the largest organ of the body?
- ...Your skin measures about 1mm thick when you're born, and grows to about 2mm by adulthood?
- ...As we age, skin gradually thins and becomes more sensitive to sun damage?
- ...Antioxidants can reduce the harmful effects of free radicals, which injure the skin's cells and cause inflammation?
- ...Wearing a dark, wide-brimmed hat will protect your hair color from fading and prevent scalp sunburn and is the equivalent of around SPF 33?
- ...It is estimated that 2.3 million teens visit a tanning salon at least once a year?

Easy Tip on Living Laker Green:

Since the school year is coming to an end, do not throw away your books! Sell them or donate them to your local library.

Answer to Last Week's Question:

Chocolate, caffeine and fats are not statistically related to causing acne. There may be individual differences, but eating a healthy diet, drinking a lot of water and regular exercise will improve how you feel and how your skin looks. Acne is technically a result of overly excited sebaceous glands.

Question of the Week:

On average, how much time does an employer spend going over a resume?

Events of the Week:

- Saturday, April 30th: MayDay Backyard Jam. Campus Center Arena from 2:00-8:30 p.m. FREE!
- Thursday, May 5th: Comedy Show: Jim Breuer and Ralphie May. Campus Center Arena. Doors open at 7pm, show starts at 8pm. \$15. Tickets are available at all Box Offices.
- Monday-Friday, May 9th-13th: Leave Green! Donate food, clothing & household items that would otherwise be thrown out. Drop off donations at the Newman Center or Swetman Gym. 10am-4pm.

Questions? Comments? Suggestions? Get Involved.
Give us a call! 312-5648 Or email
lifestyle@oswego.edu

Toilet Talk Back

Download Toilet Talk online! Visit
www.oswego.edu/lifestyles and Click on
the Toilet Talk link.

Words to whiz by...

"Your skin is the fingerprint of what is going on inside your body."

-Unknown

Skin Cancer

- Skin cancer is the most common cancer in the United States.
- It is found on the outer layer of the skin usually due to sun exposure.
- Can be either melanoma or non-melanoma.
- Non-melanoma is found on places most exposed to the sun such as the face, lips, ears, neck or the back of the hands.
- Melanoma develops from melanocytes which are cells responsible for skin color. Anyone can be at risk for melanoma, but it is most likely to occur because of skin type, moles, sun exposure, weak immune systems and genetics.

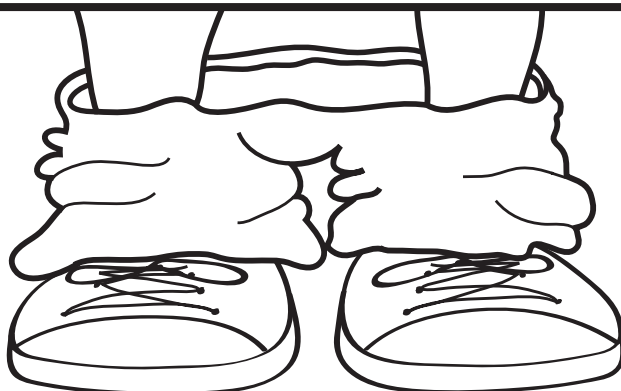
Acne Prevention

- Drink at least 8 glasses of water a day.
- Take multi-vitamins daily
- Hair contains oil and when your hair touches your face, the area could worsen.
- Wash your face twice a day with warm water and gently massage your face in a circular motion.
- Don't pop pimples. This can push infected materials further into the skin, leading to more swelling and redness.

Top 5 Foods That Are Good For Skin

1. **Seafood:** Contains zinc and omega-3 fatty acids
2. **Citrus Fruits:** Vitamin C aids in the production of collagen
3. **Red and Green Vegetables:** Contain Vitamin A which prevents premature aging and cell damage
4. **Nuts:** Contain Vitamin E which combats skin-aging free radicals and help hold in moisture
5. **Whole Grains:** Contain vitamin B which combats inflammation-related skin damage

Lifestyles
AFTER DARK
Free coffee every
Thursday at 7 p.m. in
the Lake Effect Cafe!



Lifestyles
Walker Health Center
SUNY Oswego
(315) 312-5648
lifestyle@oswego.edu

Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistant Sara D'Addesio, Intern Mary Hankin and Peer Educators Veronica Kelly, Audrey Hinnant, Erin Marulli, Willmary Rose and Tamara Tingman.

Sources available upon request.
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