



Toilet Talk

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Myths about Sunscreen!

Sunscreen isn't a panacea for preventing skin cancer, but it is an easy way to reduce your risk. Unfortunately though, according to a 2009 survey of 1,000 adults, almost one-third of all Americans do not use sunscreen at all and 69% report using it only occasionally. Even more so, there are a lot of **myths** and **misconceptions** surrounding sunscreen.

The new SPF 90+ sunscreens are better than SPF 30 sunscreens.

Not much. Ultra-high SPF claims are mostly marketing gimmicks -- they don't provide a significant amount of additional protection. SPF 30 sunscreen blocks 97% of UVB rays, which is enough in most situations.

Applying sunscreen once per day is enough.

No. Sunscreen should be applied every two hours -- even more if you're swimming or sweating a lot. Even so-called "water-resistant" sunscreens may lose their effectiveness after 40 minutes in the water.

If it's cloudy, you don't need to worry about sunscreen.

No. Up to 80% of the sun's ultraviolet rays can pass through the clouds. In addition, sand reflects 25% of the sun's rays and snow reflects 80% of the sun's rays.

A little dab of sunscreen works just as well as a lot.

No. The recommended amount to apply is more than you might think: one ounce or a full palmful (or shot glass). Make sure to apply it to dry skin 15 to 30 minutes before going outdoors to allow it time to be absorbed into the skin.

<http://skincancer.about.com/od/preventionandriskfactors/a/sunscreen.htm>

Today you are You, that is truer than true. There is no one alive who is Youer than You." -Dr. Seuss

RandOms ☺

- Coffee beans aren't beans; they are fruit pits
- The oldest olive tree is 1500 years old (Found on the Island of Ithaca)
- The average human accidentally eats 8 spiders in their life
- The dot over the letter 'i' is called a tittle.
- The average American consumes enough caffeine in one year to kill a horse.

What is Diabetes?

Diabetes is a chronic (lifelong) disease marked by high levels of sugar in the blood. To understand diabetes, it is important to first understand the normal process by which food is broken down and used by the body for energy. Several things happen when food is digested:

- A sugar called glucose enters the bloodstream. Glucose is a source of fuel for the body.
- An organ called the pancreas makes insulin. The role of insulin is to move glucose from the bloodstream into muscle, fat, and liver cells, where it can be used as fuel.

People with diabetes have high blood sugar. This is because:

- Their pancreas does not make enough insulin
- Their muscle, fat, and liver cells do not respond to insulin normally
- Both of the above

Type 1 diabetes is usually diagnosed in children and young adults, and was previously known as juvenile diabetes. In type 1 diabetes, the body does not produce insulin. Type 2 diabetes is the most common form of diabetes. Millions of Americans have been diagnosed with type 2 diabetes, and many more are unaware they are at high risk. In type 2 diabetes, either the body does not produce enough insulin or the cells ignore the insulin.

You can prevent or delay the onset of type 2 diabetes through a healthy lifestyle. Change your diet, increase your level of physical activity, maintain a healthy weight...with these positive steps, you can stay healthier longer and reduce your risk of diabetes. ☺

<http://www.diabetes.org/>