



Stay Well, Manchester College!!

Issue 12



Toilet Talk

Fun in the Sun: How to Protect Yourself

With the warmer weather and new daylight savings time coming into full swing, us Hoosiers will be out and about, enjoying the outdoors like never before. Given that 600,000 Americans develop skin cancer each year, however, we must be careful to protect ourselves. To better understand how to protect ourselves, it is inherent that we first learn a little about the disease itself. There are two kinds of commonly occurring skin cancer, **basal cell carcinoma** and **squamous cell carcinoma**. Basal cell carcinoma accounts for more than 90 percent of all skin cancers in the United States. It is a slow-growing cancer that rarely spreads. Squamous cell carcinoma also rarely spreads, but it does so more often than basal cell carcinoma. Nevertheless, it is still important that skin cancers are found and treated early because they can invade and destroy nearby tissue. These two types of cancer are often called non-melanoma skin cancer. Another type of cancer that occurs in the

which begins in the melanocytes.

Skin cancer is the most common type of cancer in the U.S. Forty to fifty percent of Americans who have lived to age 65 will have skin cancer at least once. The main risk factor that increases the chance of getting skin cancer is **Ultraviolet radiation (UV)**. While the sun emits UV rays, tanning beds do as well. Therefore, sunlamps and tanning booths increase ones chance of getting skin cancer. Also, people with fair skin that freckles easily are at a greater risk of getting skin cancer.

The most common warning sign of skin cancer is a change on the skin, especially a new growth or a sore that does not heal. Here are a few diagnostic tips:

- Asymmetric—the sore/mole is not symmetrical
- Borders—irregular, crusty, etc.
- Color—varied intensities of dark and light; red or black
- Diameter—more than 6mm
- Elevation—the area is elevated

PREVENTION

Here are a few helpful ways that you can protect yourself.

1. **Seek the shade**, especially between 10 A.M. and 4 P.M.
2. **Do not burn.**
3. **Use a sunscreen** with an SPF of 15 or higher every day.
4. **Apply 1 ounce** (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours.
5. **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
6. **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.
7. **Examine your skin** head-to-toe every month.
8. **See your doctor every year** for a professional skin exam.
9. **Avoid tanning** and UV

For thou, O Spring!
 canst renovate
 All that high God did
 first create.
 Be still his arm and
 architect,
 Rebuild the ruin,
 mend defect.

-Ralph Waldo Emerson

April 29,
PEACE Week Concert
 12p-6p Mall
 April 30, Student Devel.
Leadership Banquet 5p
 Union
 May 4, Band, Lonsway
& Malow Concert 8p
 May 5 & 6, **May Day**
Weekend
 Friday: 6p - Trike Race
 9p - Air Band
 Saturday: 10a - Mud

Volleyball
 May 15-18, Finals Week
 May 21, Graduation 2p
 PERC

Some people think that the United States are generally heavy consumers of alcohol. In fact, the US isn't even among the top ten alcohol consuming countries in the world per capita. The following list shows the top ten alcohol consuming countries and their respective consumption of absolute or pure alcohol in gallons per capita:

1. Portugal 2.98; 2. Luxembourg 2.95; 3. France 2.87; 4. Hungary 2.66; Spain 2.66; Czech Republic 2.64; Denmark 2.61; Germany 2.50; Austria 2.50; Switzerland 2.43. At a consumption rate of only 1.74 per person, the US comes in at 32nd on the list.

Source: The World Health Organization (2000).

Brought to you by Health and Counseling Services.

Sponsorship provided by Mental Health Association and AACTION (Against Alcohol, Controlled substances, and Tobacco In Our Neighborhoods).