

Wellness InSTALLments

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Protect Your Skin!



Did you know that your skin is your body's largest organ? Like other organs, you need to work to protect it, especially while in the sun. August afternoons in Florida can become scorching hot and very humid with a temperature averaging 91°F. A UV index scale from 1-11+ is used to determine risk of harm from unprotected sun exposure. **The average UV index for Florida in August is an 8—meaning there is a very high risk! Currently, exposure to ultraviolet (UV) radiation is the leading cause of**

skin cancer. It is important to know that there are two types of UV rays: Ultraviolet A (UVA), which penetrate the skin deeply and cause effects of aging like wrinkling or sagging, and Ultraviolet B (UVB), which causes sunburns and has carcinogenic effects that can lead to skin cancer. Sunscreen is one of the best ways to shield your skin from the damaging rays and block sun damage buildup. SPF, or Sun Protection Factor, measure's the sunscreen's ability to prevent UVB from damaging skin. Sunscreen with an SPF of 30 or higher is recommended and should be generously applied every two hours!

Week of Welcome and Upcoming Events

8/21—Back to School!

8/22—Boozin' Bingo, Everglades 5th Floor, 7-8pm

8/23—Outdoor Carnival, Library Lawn, 11-2pm



8/25—Involvement Fair, CC Ballroom, 12-3pm

8/29—Sexual Jeopardy, Biscayne 4th Floor, 7-8pm

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8/30—Healthy Hump Day, In Front of P&W, 12-3pm

WELLNESS TIP

Practice the shadow rule: If your shadow is shorter than you, you should find shade as the sun's rays are most intense during this time.

Question of the Month

Between what times should you limit sun exposure?

- A) 8am-11am
- B) 10am-2pm
- C) 4pm-8pm

Email us at pws@fgcu.edu with the correct answer to enter into a drawing for \$10 of Eagle Dollars!

Myths Debunked

Wearing sunscreen can cause vitamin D deficiency.

There are no studies that back up this claim as true. Additionally, there are other ways to obtain vitamin D, like vitamin supplements, eggs, milk, and orange juice.

You cannot get a sunburn on a rainy or cloudy day.

Up to 40% of the sun's ultraviolet rays reach the earth on cloudy days, meaning that you can still get a sunburn.

If your cosmetics contain sunscreen, you do not need to use additional sunscreen.

The sunscreen in makeup contains low SPF and will only protect your skin for a couple of hours.

Healthy Steps in the Right Direction

- ◇ Apply at least **1 ounce** of sunscreen 15-30 minutes before going outdoors and reapply every two hours or one hour if in the water
- ◇ Limit sun exposure during late morning and early/mid afternoon hours
- ◇ Wear sunglasses with **99-100% UV absorption**
- ◇ Do not use tanning beds or sun lamps
- ◇ If in the sun for long periods of time, **wear long-sleeved shirts, pants, and a hat**
- ◇ Use lip balm or lipstick with **SPF 30 or higher** to protect your lips



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