

Delta Health Watch

Delta Sigma Theta Sorority, Incorporated
Philadelphia Alumnae Chapter
Physical and Mental Health Committee



Sun Safety

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Must Know Facts about UVA Coverage:

- Under the present rules for sunscreen regulation, as long as a formula contains one or several known UVA absorbing ingredients it can be marketed as broad spectrum, UVA/UVB.
- Manufacturers in the US are not required to perform any UVA testing on their sunscreen formulations.
- Since a formulation may not contain enough of UVA-absorbing ingredients, or it may not be present in a stable form, the present system does not guarantee that products really do give adequate UVA protection
- The FDA is proposing that all sunscreens be tested to ensure they actually protect from UVA (longer wavelength that is responsible for more aggressive skin cancers and skin aging).
- 95% of skin aging changes are caused by sun exposure and most of the aging changes are attributed to UVA (aging rays) compared to UVB (burning rays)
- Long wavelength UVA, which comprises the vast majority of UV energy, is very close in wavelength to visible light. A simple rule of thumb is when you are outside in daytime you should protect against UVA even if the sun doesn't seem to be hot. UVA can go through clouds as well!!
- UVA goes through glass. Unless

you drive in a car where the tint makes it impossible for even visible light to pass through (which is illegal in most states) some UVA is coming through your car window and windshield as you drive.

- Sun exposure comprises both purposeful activities, like sunbathing, and "incidental exposure" like driving in the car or simply being outdoors for fifteen minutes. Always be sure to use an excellent broad-spectrum sun protection product to protect you no matter what your activity.

- UVA does not have dramatic seasonal variations, so that you need to protect yourself from UVA-year round.

- All skin types regardless of ethnicities should be protected from the sun

Stepping Up Regulatory Policy

1. SPF, or (Sun Protection Factor) reflects a product's UVB coverage (sunburn), but it tells us nothing about UVA protection. The FDA is proposing new testing requirements for sunscreens. A major change will require laboratory testing to document the level of UVA protection to make a label statement of UVA/UVB broad-spectrum protection.

2. Two different tests can be done to ascertain UVA protection. The first is "in-vitro," since it does not involve any human testing. This measures the percent of UVA blocked by a film of sunscreen. The second type of test, is an "in-

vivo" test, is performed on paid volunteers who sit in front of a UVA light source. Their skin is examined 4 hours after the UVA exposure and assessed for skin darkening from the UVA. The darkening is graded on a numerical scale. In the proposed FDA monograph, maximum UVA protection can be claimed if a sunscreen scores a 12 or higher on the in-vivo test.

3. Dermatologists and the FDA agree that it is important to inform the consumer how much, if any protection they are being afforded from a product labeled UVA/UVB protection. Further, if a product cannot prove that it affords sufficient UVA coverage, it should be allowed to market itself as a broad spectrum.

4. Currently, commercially available sunscreens, even if they are labeled broad spectrum or UVA/UVB, often do not provide optimal UVA protection. In fact, in a study published in the Journal of the American Academy of Dermatology, 59 different sunscreens, all labeled "UVA/UVB", were tested for the adequacy of their UVA coverage. None of them proved in the lab to give adequate UVA coverage. This is why it is important that you seek products that can confirm adequate or superior coverage from UV rays when selecting your



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Easy Grilled Summer Vegetables

Created by: Soror Sonya Combs

Ingredients:

1 Red Onion
 1 Red Bell Pepper
 1 Green Bell Pepper
 1 Orange or Yellow Bell Pepper
 1 pint Baby Portobello Mushrooms
 1 Zucchini
 1 Yellow Squash
 ½ lb. Asparagus (optional)

2 tablespoons of Olive Oil
 Dash of salt & pepper
 ½ teaspoon of chopped garlic
 ½ teaspoon of rosemary
 ½ teaspoon of ground oregano
 ¼ teaspoon of Thyme
 1 teaspoon of parsley



Directions:

- 1) Slice onions, peppers, zucchini, and squash in ½ inch pieces. Cut Asparagus into bit-sized pieces. Rinse thoroughly and remove stem.
- 2) Place all vegetables into a large freezer bag. Add all spices and olive oil. Seal bag and shake, being sure to coat all ingredients evenly with spice mixture.
- 3) Add all ingredients to grill pan** and grill over medium direct heat for approximately 15-minutes or until vegetables reach desired doneness, turning frequently. (*Heavy duty aluminum foil may also be substituted for grill pan.)
- 4) Remove vegetables from heat; serve immediately.

Enjoy!!!!

Preparation time: 10 minutes Cooking time: 15 minutes

Gardening As Exercise

Gardening and yard care are unique forms of exercise that allow you to do something calming, creative and fun while you work various muscle groups and get a moderate level of cardiovascular exercise as well.

The great thing about gardening for exercise, is you can use your whole body while you're working. Gardening involves a number of different kinds of exercises, including stretching, weightlifting, and a moderate cardiovascular workout.

Like other forms of exercise, gardening can help lower blood pressure and cholesterol levels and keep away problems with heart disease, diabetes other diseases related to inactivity and excess weight.

Activities in the yard and garden are also a form of exercise that is appropriate for a variety of people and age groups. Depending on the activity, gardening and yard work are not quite as hard on your body as say jogging and other forms of moderate to strenuous exercise. This means that even if you're older, you can still enjoy putting in the garden and cleaning up your lawn. There are a lot of activities that you can do in your yard and garden with a wide range of physical exertion levels, so you're bound to find something to fit your needs.

When gardening, like will other forms of exercise, you'll need to follow a few basic tips to maximize your experience. First off, you should warm up a bit. Do some basic stretches so that your muscles are ready. Also, if you plan on lifting any heavy objects, remember to always lift with your knees, not your back.

If you already garden, good for you, if not it is a great exercise to try this summer!

(Adapted <http://www.cleanairgardening.com>)