

BUZZ, BODY & BITES

A newsletter for actively aging adults
Virginia Cooperative Extension
Family & Consumer Sciences
August 2021 Newsletter

Buzz



Caring for the Skin You're In Recommendations from Joshua D. Eikenberg, M.D. Dermatologist, Carilion Clinic

Skin cancer is the most common thing I see in my clinical practice. In fact, according to the Skin Cancer Foundation, one in five Americans will be diagnosed with skin cancer by age 70 and more than two people in the U.S. die of skin cancer every hour.

One question I am frequently asked is "How can I prevent skin cancer?" Since most skin cancers are caused by ultraviolet radiation from sun exposure, the answer to that question is sun protection. Not only does sun protection help prevent sunburns and skin cancer, but it also protects us from skin aging which is another consequence of sun exposure.

While individuals with lighter skin tones are often aware that they need sun protection to prevent sunburn, individuals with darker skin tones are less likely to be aware of and engage in sun protective behaviors. People with darker skin tones may not sunburn as easily as those with lighter skin tones, but they can still develop sunburns, skin cancer, and wrinkles from sun exposure.

Here are three recommended strategies that all individuals can use to protect themselves from the sun:

1. Sunscreen – I recommend sunscreen with 30 SPF or greater. A 30 SPF sunscreen blocks 97% of UVB sun rays. Look for the words "broad spectrum" meaning the sunscreen will block both UVA and UVB rays. When you apply sunscreen, use at least one ounce or two tablespoons to ensure that you apply enough. And do not forget to reapply every 2 hours and immediately after swimming or sweating (even if the sunscreen says "water-resistant").
2. Sun Protective Clothing – Sun protective clothing can also be worn to protect your skin from the sun. I recommend wide-brimmed hats because they keep most of the skin on the neck, face, and ears, shaded from the sun. In addition, there are long-sleeved shirts and pants that have built-in sun protection. Look for clothing labels that say UPF 30 or greater to ensure you are adequately protected.
3. Shade – The sun's rays are most powerful between 10am and 4pm (or when your shadow is shorter than you are tall), so I recommend seeking shade during that time.



Source: The American Cancer Society
<https://www.cancer.org/content/dam/cancer-org/online-documents/en/pdf/infographics/skin-cancer-prevention-infographic-print.pdf>

Garden Vegetable Wrap



This simple recipe is full of nutrient rich vegetables that provide beta carotene, folate, and vitamin C among other nutrients. (Recipe source: eatSMARTmoveMoreVA.org/recipes/garden-vegetable-wrap)

Ingredients:

- 1 1/2 ounces reduced-fat cream cheese
- 2 carrots, shredded
- 1 cup spinach, chopped
- 1 tomato, diced
- 1 bell pepper, chopped
- 1/4 cup reduced-fat cheddar cheese
- 4 whole-wheat tortillas

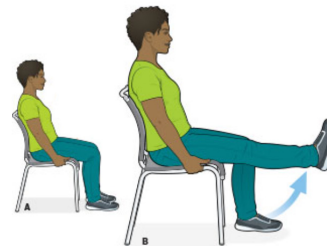
Instructions:

1. Spread cream cheese evenly onto each tortilla.
2. Place carrots, spinach, tomato, pepper, and cheese on top of cream cheese.
3. Roll up tightly and secure with a toothpick, if needed.
4. Refrigerate remaining leftovers within 2 hours of preparation.

Body

Wheelchair or Chair Exercises

This is the third in an exercise series targeting core muscles for wheelchair users or those who enjoy doing chair exercises. Target: quadriceps



Seated Knee Extension

- Sit up straight with your back supported by a chair and feet and knees shoulder-width apart.
- Slowly straighten your right knee, lifting your foot until it is straight out in front of you. Flex your ankle and point your toes toward the ceiling. Lower your right leg. Repeat with the left.
- Repetitions: 8 to 12 with each leg, alternating legs.

Mind Games

What's Your Sun Safety IQ?

Take the American Cancer Society's quiz and find out.

True or False

1. I can't get skin cancer, because my normal routine doesn't include a lot of time outdoors.
2. I should use sunscreen at football games, even though I only go once or twice a year.
3. If I'm wearing sunscreen, I can stay in the sun as long as I want.
4. A sunscreen labeled SPF 15 blocks more UV radiation than one labeled SPF 30.

Multiple Choice

5. Reapply water-resistant sunscreen:
 - a. Every 2 hours or sooner
 - b. After sweating or swimming
 - c. After I towel dry
 - d. All of the above
6. The most common sunscreen mistakes are:
 - a. Choosing an SPF below 30
 - b. Using too little
 - c. Waiting too long to reapply
 - d. All of the above

Answers

1. False - Brief sun exposures all year round can add up to major damage for people with fair skin, and everyday exposures are linked to squamous cell skin cancer, the most common kind.
2. True - Studies show that even occasional strong sunlight exposure increases risk of melanoma (most deadly skin cancer).
3. False - It's not smart to broil in the sun for hours, even with sunscreen. Sunscreen doesn't provide total protection from UV rays. People should limit time in the sun at midday.
4. False - The Sun Protection Factor (SPF) describes protection from UVB rays. SPF 15 filters 93% of UVB rays, SPF 30 filters 97%. Products labeled *broad spectrum* block UVA & UVB rays.
5. D - Most sunscreens need to be reapplied every 2 hours, sunscreens labeled water resistant may only last for 40 minutes, and sunscreen rubs off when you towel dry.
6. D

RESOURCES

Centers for Disease Control and Prevention (CDC)

www.cdc.gov/cancer/skin

American Cancer Society

www.cancer.org/healthy/be-safe-in-sun.html

American Academy of Dermatology Association

www.aad.org

US Food and Drug Administration (FDA)

www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses

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