



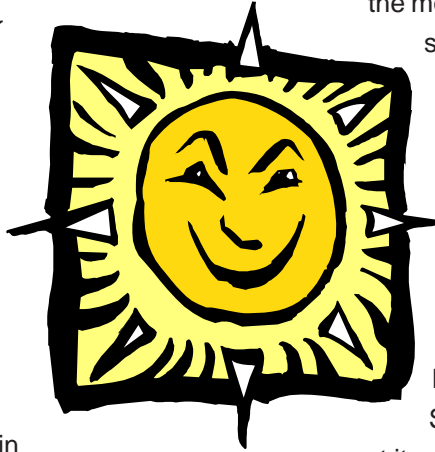
Sun Sense

Ah, the feel of the hot summer sun on your skin! After a long, cold winter, it's refreshing to spend time in the warmth of the sun – but BEWARE your health is in danger no matter how good you think that tan looks and feels.

A Healthy Tan?

In their favor, ultraviolet (UV) rays produced by the sun activate Vitamin D, kill certain germs and boost our mood – but overexposure to UV rays damages the skin irreparably. The sun's ultraviolet rays are actually radiation that comes in two types – UVB & UVA rays. UVBs are the immediate sunburn villains – they're the rays that "roast" your skin. Though they don't dive as deep into the skin's layers as UVAs, UVBs can damage the DNA at the heart of skin cells, and are one of the foremost causes of skin cancer. These same rays also help you by triggering your skin's natural protection process – tanning. Tanning is really a form of damage control – a tan is living proof that your skin has suffered UV attacks. Keep in mind that these self-defense systems are thrown out of whack when overworked by repeated and prolonged exposure to the sun. UVA is a long wavelength that penetrates the skin very deeply,

degrading the elastic fibers in the skin. UVAs account for about 95% of all ultraviolet energy. Unlike UVBs which peak in intensity from 11 a.m. to 3 p.m. in summer, UVAs release energy throughout the daylight hours. Exposure to UVA and UVB rays have a cumulative effect on the body. The more exposure the more potential damage is done. In fact, skin cancer cases have grown by 750% since 1990.



Protect Yourself!

Don't be fooled – sunburn appears in up to four hours after sun exposure and can last three days. Sun protection is basically putting a barrier between your skin and the sun. Sun screen doesn't work, unless you put it on! Did you know that UVAs can pass through glass – windshields and windows don't block them! Also, clouds only filter out some UV rays, so use your sunscreen even on cloudy days.

Here are a few more tips on keeping you and your family safe in the sun:

- Know your skin type and protect yourself accordingly.
- Don't stay out in the sun between 11 a.m. and 3 p.m. The sun's rays are less intense early in the morning and late in the afternoon.
- Use a sunscreen that's appropriate to your skin and to the level of sun you're exposed

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to. Remember, Colorado's high altitude means higher sun exposure. Use sunscreen for protection, not to stay out longer in the sun!

- Choose a broad spectrum formula for your sunscreen – one that filters both UVA and UVB rays – and make sure it's SPF 15 or higher. Don't be fooled by SPF 30. It does not give you double the protection of SPF 15: it gives you only 3% more. Be sure it's easy and pleasant to apply – otherwise you probably won't use it, or won't use enough! Remember to apply and re-apply your sunscreen when exercising or playing sports in the sun.
- Chuck out last year's sun screen dregs as a sun screen's properties can change with time, especially in extreme heat.
- Wear protective sunglasses as UV rays can cause cataracts.
- Take extra-special care with your kids. Make sure they wear caps, light-colored T-shirts and sunglasses. Little ones especially need frequent applications of sunscreen on all parts of their bodies exposed to the sun. Babies should never be exposed to the sun - their skin is ultrasensitive!
- Stay away from surfaces that reflect sunlight back at you - or else increase your sun protection. Snow, ice, sand, white cement, and water all increase the effects of UV rays.

Chiropractic is Cool

Your doctor of chiropractic is concerned with your COMPLETE health. Exercise, nutrition, and regular chiropractic care will help you reach and maintain optimum wellness. Enjoy a pleasant and safe summer! ■

Thank you to

www.sunprotection.org, www.melanoma.com, and www.cancer.org for the information used in this newsletter.

Answers to your burning questions about the SUN...

☀ The sun is actually a young, small, rather unspectacular star by cosmic standards. Half the age of our galaxy the Milky Way, it was born out of a cloud of gas a mere five billion years ago.

☀ At a distance of 93 million miles, our sun is the closest star to Earth (*and all the other planets in our solar system!*).

☀ With a diameter of 864,000 miles, the sun is 109.5 times the size of Earth.

☀ Even though the sun is made of gas, it weighs two billion billion billion tons.

☀ Gravity on the surface of the sun is almost 28 times greater than here on Earth. If you could stand on the sun, you would suddenly find yourself weighing two tons.

☀ The volume of the sun is 337,000 million million cubic miles or more than one million times that of Earth's. That's like an ant compared to an elephant.

☀ The sun generates four hundred trillion trillion watts of energy every second. Enough energy to power 2,600 Earths, each one entirely filled with 200-watt light bulbs.

☀ The temperature at the sun's core is speculated to be 25 million degrees Fahrenheit.

☀ The sun's surface churns, roils, boils away, stirring up 6000-degree heat bubbles the size of Pennsylvania. Its many-layered atmosphere surges to heights of 80,000 miles, and its corona reaches all the way to Mercury, 36 million miles away. ■