

A Word of Caution on Tanning Booths

Tanning booths may give you a suntan, BUT... the ultraviolet radiation they give off can also:

- *Burn you or injure your eyes if you're not careful
- *Increase the risk of skin cancer later in life

*Wrinkle your skin prematurely

Flourescent sunlamps emit harmful ultraviolet radiation called "UVB". Some booths are advertised as "safe" because they emit a different kind of ultraviolet radiation called "UVA". But many of these UVA booths also give off UVB. Furthurmore, there is concern about the risks of UVA, too. Therefore the following precautions apply to any type of tanning booth. You should not use a sun tanning booth if:

*You burn easily and don't tan. If you don't tan in the sun, you probably won't tan in a booth.

*You get frequent cold sores. Ultraviolet radiation may aggravate their occurrence.

Check with your doctor or pharmacist before using a tanning booth if you are taking any prescription drugs. Some drugs can increase your reaction to ultraviolet radiation. These drugs may not make you noticeably more sensitive to ordinary sunlight, but they may make you painfully sensitive to the intense ultraviolet light in tanning booths. These drugs include but are not limited to:

Many antibiotics, such as sulfas and tetracyclines

Some high blood pressure medications

Some tranquilizers, such as Librium

Diuretics

Some birth control pills

Some oral medications used in treating diabetes.

After considering the risks, if you still decide to use a tanning booth, be sure to follow these precautions:

*DON'T OVERDO IT! Just as with natural sunlight, you must begin with short intervals, then build up your exposure times.

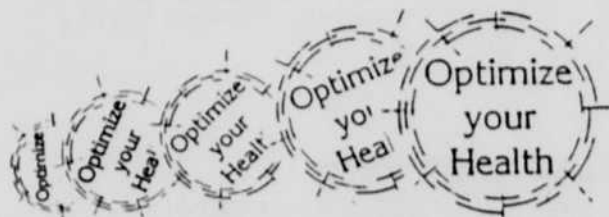
*DON'T TAMPER WITH THE TIMER! The radiation is so intense in a tanning booth that staying there longer than you should can cause serious injury.

*USE PROTECTIVE GOGGLES - Just closing your eyes or using ordinary sunglasses or cotton balls is not enough. People have received painful eye burns because they did not use special goggles to screen the ultraviolet rays. Goggles should be used with UVA booths as well as UVB booths.

*AVOID DIRECT CONTACT WITH THE LAMPS - The tanning booth should have physical barriers, such as wire screens or plastic shields, to protect you from touching or falling into the lamps.

*USE HANDRAILS - The booth should have a railing or other aid to help you keep your balance and maintain the proper distance from the lamp.

*ENSURE THAT AN ATTENDANT is nearby to help you in an emergency.



HEALTHY SIPPIN' THIS SUMMER

Summer is a busy time and most people like to get their day off to a good start. Why not wake-up with a good breakfast drink? It's fast, easy and has many of the nutrients needed to start your day off right.

Banana Smoothie

1/4 cup	water
1/2 cup	orange juice
1/2 cup	skim milk
	(or 1/4 cup plain yogurt)
1/2 tsp.	vanilla
1	egg
1	banana (small to medium)

Mix all of the ingredients together in a blender and you have a delicious smoothie!

You can substitute other fruits or juices depending on your preferences. For a complete breakfast, include a piece of whole wheat toast and you will be ready to go.

SENSE IN THE SUN

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