

JOEL FUHRMAN, MD

Indoor tanning: It's more dangerous than sunbathing

Melanoma incidents have climbed steeply in the U.S., doubling between 1982 and 2011. The rise in melanoma is projected to continue. One contributor to these rising rates of melanoma is the use of tanning beds and other indoor tanning devices by young people, especially young women.

Young women use indoor tanning most frequently, especially those in their late teens and 20s. About 20 percent of female high school students and young women, ages 18 to 25, engage in indoor tanning.

Indoor tanning in young people is especially alarming, since indoor tanning before the age of 30 increases melanoma risk by 75 percent. Melanoma is the type of skin cancer responsible for the most deaths. In 2009, the International Agency for Research on Cancer of the World Health Organization classified UV tanning devices as carcinogenic to humans.

In an analysis of 31 studies, using indoor tanning at least

once was associated with a 16 percent increase in melanoma risk, and more than 10 sessions with a 22 percent increase in risk.

Indoor tanning is also associated with elevated risk of other skin cancers-squamous cell carcinoma (67 percent) and basal cell carcinoma (29 percent). Tanning devices also increase the risk of ocular (eye) melanoma.

It is important to understand that ultraviolet radiation can promote cancer even if sunburn does not occur. Even among people who have never had sunburn, those who use indoor tanning are much more likely to be diagnosed with melanoma.

Though commonly associated with a "healthy glow," it is important to keep in mind that tanning of the skin is not healthy. In fact, tanning occurs after skin damage has already occurred, as the body's attempt to prevent sunburn with further sun exposure.

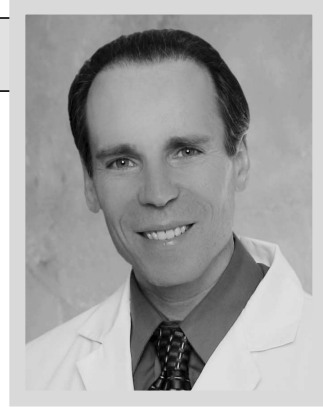
Tanning is the body's

response to DNA damage in skin cells from UV exposure — DNA damage which is also a trigger for skin cancer development.

Compared to sunbathing, UV radiation from indoor tanning is more intense. Tanning devices emit both UVA and UVB radiation, but primarily UVA; both types contribute to skin cancer. Tanning devices may emit UVA doses 10-15 times higher than the UVA emitted by midday sunlight, giving indoor tanning the potential to be much more risky than sunbathing.

Giving up indoor tanning is difficult for many people who tan frequently, possibly because they have developed a dependence. UV-induced DNA damage, in addition to causing tanning, also increases the expression of beta-endorphin, a substance which has a positive effect on mood, leading to reinforcing effects of indoor tanning device use.

One small study giving opi-



ate-receptor blocking drug to frequent tanners reported they experienced withdrawal symptoms, implying addiction-like effects.

Using sun protection when you spend time outdoors and avoiding indoor tanning devices are the primary means of preventing melanoma and other skin cancers.

Also remember that carotenoid-rich foods, such as leafy greens, orange vegetables and tomatoes help the skin to combat the DNA damage from UV light.

Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.

Visit his website at DrFuhrman.com, or submit questions and comments to newsquestions@drfuhrman.com.

Western Lane Ambulance District Ambulance Runs July 27-Aug. 2

Date	Time	Area	Type
07/27/2015	00:40:00	Ninth Street	Transfer
07/27/2015	09:36:00	Ninth Street	Transfer
07/27/2015	11:40:00	Ninth Street	Medical
07/27/2015	17:30:00	Ninth Street	Transfer
07/27/2015	18:03:00	Ninth Street	Transfer
07/27/2015	18:18:00	21st. Street	Medical
07/27/2015	22:22:00	Ninth Street	Medical
07/27/2015	22:26:00	17th Street	Medical
07/28/2015	06:41:00	Rhododendron Dr.	Medical
07/28/2015	07:45:00	Ninth Street	Transfer
07/28/2015	07:59:00	Kingwood St.	Medical
07/28/2015	09:00:00	Ninth St.	Transfer
07/28/2015	09:30:00	Ninth St.	Transfer
07/28/2015	11:55:00	Ninth St.	Transfer
07/28/2015	14:30:00	Ninth St.	Transfer
07/28/2015	16:40:00	South Shore Dr.	Medical
07/28/2015	16:48:00	Glenbrooke Cir.	Medical
07/28/2015	17:46:00	Jonathan Ln.	Medical
07/28/2015	18:00:00	Ninth St.	Transfer
07/29/2015	05:05:00	Ninth St.	Medical
07/29/2015	11:43:00	Hwy 126	Medical
07/29/2015	12:09:00	Eighth St.	Medical
07/29/2015	13:59:00	16th Str.	Medical
07/29/2015	14:10:00	Hwy 101	Medical
07/29/2015	19:17:00	Quince St.	Medical
07/30/2015	01:58:00	H 101 and Second St.	Medical
07/30/2015	03:07:00	Bay St.	Medical
07/30/2015	03:52:00	Harbor Vista Dr.	Medical
07/30/2015	04:33:00	Hwy 126	Medical
07/30/2015	04:42:00	Kingwood St.	Medical
07/30/2015	08:26:00	Eighth St.	Medical
07/30/2015	09:25:00	Ninth St.	Transfer
07/30/2015	12:49:00	Ninth St.	Medical
07/30/2015	14:18:00	MP 196 Hwy 101	Medical
07/30/2015	16:49:00	Ninth St.	Medical
07/30/2015	18:44:00	FIR St.	Medical
07/30/2015	20:00:00	Ninth St.	Transfer
07/30/2015	20:42:00	Royal St. Georges Dr.	Medical
07/31/2015	08:23:00	21st St.	Medical
07/31/2015	10:53:00	Laurelwood St.	Medical
07/31/2015	14:50:00	10th and Jasper	Medical
08/01/2015	06:11:00	Ninth St.	Medical
08/01/2015	08:19:00	Spruce St.	Medical
08/01/2015	12:30:00	E. Mapleton Rd.	Medical
08/01/2015	12:35:00	Ninth St.	Transfer
08/01/2015	14:39:00	1st. Ave.	Medical
08/01/2015	14:41:00	Ninth St.	Medical
08/01/2015	18:57:00	Hwy 126 MP 10	Medical
08/01/2015	20:01:00	Laurel St.	Medical
08/02/2015	07:24:00	Oak St.	Medical
08/02/2015	15:17:00	Kingwood St.	Medical
08/02/2015	18:41:00	Spruce St.	Medical

Shangri-La seeks mental-health agents

Through a partnership with Lane County Behavioral Health, Shangri-La is now providing Home and Community Based Services (HCBS) to people with documented chronic mental illness in rural Lane County, primarily in Florence.

Through the HCBS program individuals with mental illness can receive supports in the comfort of their own home. Supports can include personal care, community inclusion activities, assistance with medical appointments and house-keeping activities.

Support hours are customized to each person with average supports ranging from 10-20 hours per week. Services can be accessed by contacting Shangri-La's Lane County HCBS Manager at 541-515-4576. The 1915(i) Plan or Adult Mental Health Initiative (AMHI) funds can be used to pay for HCBS through Shangri-La. Private pay is also accepted.

As a result of the service expansion, Shangri-La is seeking to hire multiple Mental Health Community Based Services Agents.

Qualified applicants must be at least 18 years of age, have a high school diploma, possess a valid Oregon driver's license, have an acceptable driving record and be able to successfully pass a criminal history check.

Candidates with experience

working with people with mental illness are encouraged to apply. Extensive training will be provided to all HCBS agents.

The Shangri-La Florence Home and Community Based Services Hiring Fair will be Tuesday, Aug. 18, from 10 a.m.

to 2 p.m., at the WorkSource Oregon Center, 3180 Highway 101.

Interested candidates should bring a resume and be prepared to interview. Shangri-La will be making job offers to qualified candidates during the hiring fair.



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Helping Hands Coalition
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Call 541-997-5057 to Volunteer

Meals on Wheels and Cafe 60
Meals on Wheels are available to people over the age of 60 who cannot get out much due to illness or advanced age and who are not eating properly, regardless of income. Cafe 60 is available for those who prefer to make new friends in a dining room setting.
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PO Box 2313, Florence
541-997-5673
lanesenior meals.org

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541-997-8412 ext. 209

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