

WTNS Radio OSU Extension Update for July 12, 2021
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about UV protection, and as always, look at some upcoming programs from OSU Extension.

I have always been a little jealous of people who can be outside all day without experiencing sunburn. I wear SPF 15 lotion on my face year-round, and I slather on SPF 50 or higher to all exposed skin in the summertime. But I am beginning to appreciate that my susceptibility to burning makes me more apt to protect myself from UV rays.

The National Cancer Institute reminds us that even people who do not burn are at risk for skin cancer. It does not matter whether you consider your skin as light, dark, or somewhere in between. Everyone is at risk for skin cancer. According to the Centers for Disease Control and Prevention skin cancer is the most common form of cancer in the U.S.

July is UV Awareness Month. The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin in different ways. UV-B rays have short wavelengths that reach the outer layer of your skin. UV-A rays have longer wavelengths that can penetrate the middle layer of your skin.

Broad spectrum sunscreens protect against both UV-A and UV-B rays. SPF stands for sun protection factor. This is a measure of how much solar energy (UV radiation) is required to produce sunburn on protected skin relative to unprotected skin. I have read some incorrect information on the internet that the numbers correspond to a certain amount of time of sun exposure or a percentage of protection. There are lots of factors that affect how well different levels of SPF will protect, but in general, the higher the number, the greater the protection.

Remember that a more expensive brand is not necessarily more effective than a less expensive brand. A good rule of thumb is to use about 1 oz. or a handful to cover your entire body. Plan to apply sunscreen 20 – 30 minutes before going out in the sun to allow your skin to absorb the sunscreen.

I recently visited Haiti and was surprised to see so many people wearing long pants and long-sleeved shirts in the very hot weather. It was a very practical way to protect their skin from the sun.

We probably do not think of it often, but UV rays are not only bad news for our skin but also our eyes. The American Academy of Ophthalmology offers some advice.

- Select sunglasses that offer 100 percent UV protection. Do not be deceived by color or cost. The ability to block UV light is not dependent on the price tag or how dark the sunglass lenses are.
- Choose wrap-around styles: Ideally, your sunglasses should wrap all the way around to your temples, so the sun's rays cannot enter from the side.
- Wear a hat: In addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.
- Do not be fooled by clouds: The sun's rays can pass through haze and thin clouds. Sun damage to eyes can occur anytime during the year, not just in the summertime.
- Protect your eyes during peak sun times: Sunglasses should be worn whenever outside, and it is especially important to wear sunglasses in the early afternoon when UV light is more intense.
- Do not forget the kids: Everyone is at risk, including children. Protect their eyes with hats and sunglasses. In addition, try to keep children out of the sun between 10 a.m. and 2 p.m., when the sun's UV rays are the strongest.

Here are some upcoming programs from OSU Extension: The ServSafe® Person-in-Charge training will be August 2. Registration is also now open for Dining with Diabetes. This is a cooking school and nutrition education program for people with diabetes and those who support them. Classes will be offered August 19 – September 9. You can find more details and registration information for these classes at coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!