

THE STALL SEAT JOURNAL

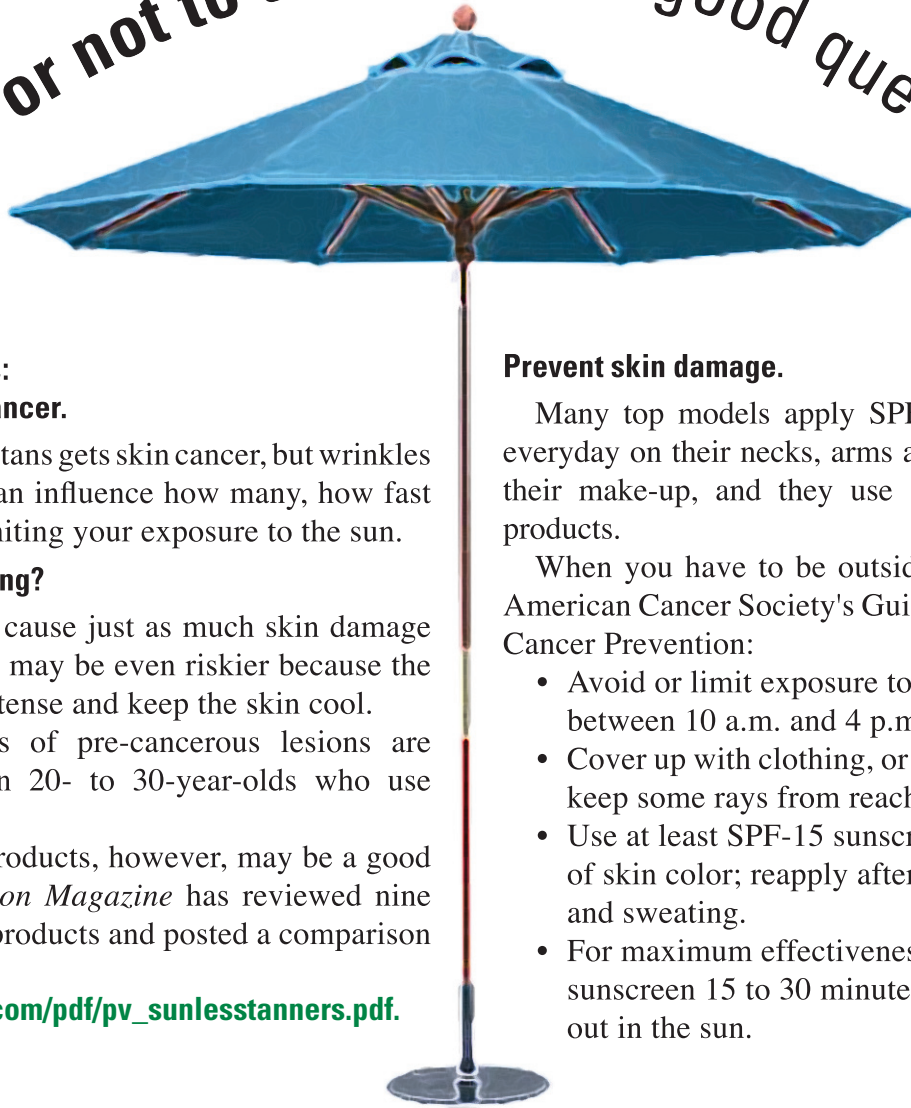
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To tan or not to tan: That's a good question!



Consider two results: wrinkles and skin cancer.

Not everyone who tans gets skin cancer, but wrinkles are universal. You can influence how many, how fast and how deep by limiting your exposure to the sun.

How about fake baking?

Tanning beds can cause just as much skin damage as the sun's rays and may be even riskier because the UV rays are more intense and keep the skin cool.

Higher incidences of pre-cancerous lesions are being found now in 20- to 30-year-olds who use tanning beds.

Sunless tanning products, however, may be a good alternative. *Prevention Magazine* has reviewed nine top sunless tanning products and posted a comparison chart online:

www.prevention.com/pdf/pv_sunlesstanners.pdf.

Prevent skin damage.

Many top models apply SPF-15 or SPF-30 everyday on their necks, arms and faces, under their make-up, and they use sunless tanning products.

When you have to be outside, consider the American Cancer Society's Guidelines for Skin Cancer Prevention:

- Avoid or limit exposure to the sun between 10 a.m. and 4 p.m.
- Cover up with clothing, or at least a hat, to keep some rays from reaching your skin.
- Use at least SPF-15 sunscreen, regardless of skin color; reapply after swimming and sweating.
- For maximum effectiveness, apply sunscreen 15 to 30 minutes before going out in the sun.

Got a funny looking mole?

Malignant melanoma is a deadly form of skin cancer that is on the rise. One in 84 Americans living today is expected to develop melanoma. This has increased from 20 years ago when 1 in 250 Americans developed melanoma.

If your mole breaks the ABCD rules below, *please* make an appointment with Student Health (828-8828) as soon as possible.

ASYMMETRY. The two sides of the growth do not match in terms of shape and/or size.

BORDER IRREGULARITY. The edges of the growth are ragged, notched or blurred (versus smooth and well-defined).

COLOR. The pigmentation is not uniform. Shades of tan, brown and black are present. Dashes of red, white and blue add to the mottled appearance.

DIAMETER. The size of the growth is greater than 6 mm in diameter (roughly the size of a pencil eraser).

Would you like an order of secondhand smoke with that?

"Table for two, non-smoking please."

"That will be about a 45-minute wait — unless you don't mind the smoking section or sitting at the bar...."

Four of five adult Virginians do not smoke cigarettes, according to national research. Yet Virginians are still waiting in restaurant lines for a table in the non-smoking section. Twenty-two states have gone smoke-free; and, believe it or not, France, Italy and Ireland have passed smoke-free laws! Virginia hasn't made the smoke-free restaurant leap — yet.

Good news: More than 50 Richmond restaurant owners and managers have done it on their own, and you don't have to wait for legislation to dine in comfort. Here's a list of restaurants where the health risks of secondhand smoke have been eliminated for the benefit of employees as well as customers.

Smoke-free Richmond restaurants

A La Carte Café	Jersey Mike's
A Movable Feast	Karen's Homemades
Acacia	Kari's Café
Baker's Crust Bread Market	La Casita
Beef O'Brady's Family Sports Pub	La Palmera
California Pizza Kitchen	Little Cook
Carytown Burgers and Fries	Luna Grove Deli and Catering
China Panda	Mediterranean Bakery and Deli
Cici's Pizza	Millie's
Cup A Joe	Mrs. Marshall's Carytown Café
DJ's Fresh Garden Café	O'Toole's Restaurant and Bar
Fairway Grill at Belmont Golf Course	Olivia's
Flemings Fine Steakhouse and Wine Bar	Palani Drive
Fuddruckers	Panda Veg
Harrison Street Coffee Shop	Pavilion Café
Heavenly Ham	Perly's
Homemades by Suzanne	Positive Vibe Café
Houndstooth Café	Red Robin
Ipanema Café	Robin Inn
Ipanema Grill	Saigon
Jamaica House Restaurant	Schlotzsky's Deli
Java Mio Coffeehouse	Shockoe Espresso and Roastery
	Strawberry Street Café
	Su Casa
	Sue's Kitchen

Do you know of other smoke-free restaurants? If so, please call or email the Office of Health Promotion, 828-9355 (VCU-WELL) or quit@vcu.edu. We will give you a small token of our appreciation for your effort.

Can secondhand smoke affect your grades?

In our VCU random survey of undergraduate students (n=1,469, spring 2006), we asked students what health issues impacted their academics. Upper respiratory illness was the second most common reason for receiving a lower grade on an assignment, receiving a lower course grade or having dropped a course. Colds, flu, sore throats, sinus infections and allergies all got in the way of academic success. Time lost to illness means lower grades.

While secondhand smoke isn't the only risk factor for illness, research consistently shows that secondhand smoke is associated with ailments such as colds, asthma, bronchitis, pneumonia, middle-ear infections, and nasal and eye irritation.

So where you eat and what you breathe, whether secondhand smoke from cigarettes, hookahs, pipes or cigars, can increase your chance of getting sick and not doing so well in class.

For strategies, history, research:
www.YourStrategy.org



Office of Health Promotion
Division of Student Affairs and Enrollment Services
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