



Summer Specials

Great News. Arbonne sunscreen has avobenzone to protect against the UVA rays! (See related Sunscreen article.) **Made in the Shade Self Tanner, Sunblock 15 and 30, and The Seasource Renewing Body Gelee.** All 20% off during June, July, and August.

MEMBER REMINDER: MENU OF SERVICES OPPORTUNITIES

- June 3 – Nutritionist
- June 4 – Reiki Therapy
- June 10 – Reflexology
- June 18 – Acupuncture

We will be taking a hiatus for July and August due to summer vacations. The menu of services will resume in September. Please call for details.

GIVE DAD THE GIFT OF HEALTH

Father's Day is June 21. We all have trouble deciding what to get the men we love. This year, give him the most precious gift of all—the gift of health and wellness with a membership to the Burick Center for Health & Wellness. It's a great way to show him you care and you want him to be around for many more Father's Days. Call for details.

WE WANT TO HEAR FROM YOU!

Tell us your ideas for upcoming newsletter topics or write in with questions. You can e-mail us at burickcenter@comcast.net.

2005 Technology Parkway, Suite 350
Mechanicsburg, PA 17050
(717) 730-9000
www.burickcenter.com
burickcenter@comcast.net

SKIN CANCER AWARENESS: *knowledge* IS POWER

Skin cancer is the most common form of human cancer. It is estimated that more than 1 million new cases occur annually. The annual rates of all forms of skin cancer are increasing each year, representing a growing public concern. It has also been estimated that nearly half of all Americans who live to age 65 will develop skin cancer at least once.

The term "skin cancer" refers to three different conditions. From the least to the most dangerous, they are:

- basal cell carcinoma
- squamous cell carcinoma
- melanoma (the most dangerous)

Melanoma begins in certain cells in the skin called melanocytes. Each year more than 50,000 people in the United States find out they have melanoma. Early detection is key to dealing with melanoma, so arm yourself with the following information.

WHAT ARE SIGNS AND SYMPTOMS OF MELANOMA?

Often, the first sign of melanoma is a change in the size, shape, or color of an existing mole. It can also appear as a new, abnormal, or "ugly-looking" mole.

Thinking of "ABCD" can help you remember what to watch for:

Asymmetry. The shape of one half does not match the other.

Border. The edges are ragged, notched, or blurred.

Color. The color is uneven. Shades of black, brown, and tan may be present. Areas of white, gray, red, or blue may be seen.

Diameter. There is a change in size.

And, remember to always wear sunscreen and protect yourself from overexposure to the sun. (See related article in this newsletter.)

AN IMPORTANT TIP FOR IMPROVING YOUR HEALTH:

BUDDY UP!

Dr. Oz has been in the news a lot lately. He and his partner Dr. Roizen have a great tip for staying young and healthy. Choose "Somebuddy" to help you to manage stress and consistently choose healthy behaviors. Your buddy can encourage you, inspire you, and push you (in a loving and constructive way) to make good choices and engage in healthy behaviors. You should choose a buddy with similar goals so you can share a sense of obligation and accountability to each other. "A buddy isn't there to be a judge and a buddy isn't there to give solutions unless you ask for one. A buddy is there to support and generously care about you no matter what." As a buddy, you should be helpful in getting your friend to make a "YOU-turn" and get back on track and rerouted.



How Do I Select the Appropriate Sunscreen?

Does the baffling array of sunscreen choices have you confused? You're not alone. Here we answer some common questions about sunscreen.

What is SPF?

SPF stands for sun protection factor. The SPF numbers on a product can range from as low as 2 to as high as 70. These numbers refer to the product's ability to block out the sun's burning rays. The SPF rating is calculated by comparing the amount of time needed to produce sunburn on protected skin to the amount of time needed to cause sunburn on unprotected skin. The higher the SPF, the greater the sun protection.

The sun's rays contain different wavelengths of ultraviolet (UV) light. The two types of UV rays that pass through the earth's atmosphere and cause damage to the skin are UVB and UVA. UVB rays are the primary cause of sunburn and affect the outer layer of skin. UVB rays are most intense from 10 a.m. to 2 p.m. and are stronger in summer, at higher altitudes, and closer to the equator. The SPF system measures only the degree of protection from UVB rays. No rating system exists that measures the degree of protection from UVA exposure.

Is it more important to block UVA or UVB rays?

Unlike UVB rays, which do not penetrate glass, UVA rays can travel through window glass and damage the deeper layers of the skin. Both UVA and UVB light contribute to age-related changes in the skin such as wrinkles, freckles, age spots, and prominent blood vessels. Both UVA and UVB exposure raise the risk of skin cancer.

Since both UVA and UVB radiation can be damaging, an ideal sunscreen provides protection from both types of radiation.

Sunscreens can be broadly classified into two categories: chemical sunscreens and physical sunscreens. Chemical sunscreens absorb UV radiation while physical sunscreens act by physically blocking it. Chemical sunscreens can be UVA or UVB absorbers. Many sunscreens have a combination of ingredients and may contain both physical and chemical sunscreens.

Physical sunscreens are good blockers of both UVA and UVB radiation. The two most common physical blockers of UV radiation are titanium dioxide and zinc oxide. Examples of chemical sunscreens include:

- **PABA** (para-aminobenzoic acid): Rarely found in modern preparations, PABA was an early chemical sunscreen that often induced sensitivity reactions.
- **PABA esters** (glyceryl, padimate A and padimate O): These newer preparations have fewer side effects than the original PABA.
- **Salicylates** (homosalate, octyl salicylate)
- **Cinnamates** (cinoxate, octyl methoxycinnamate or octocrylene): Octocrylene is a cinnamate with both UVA and UVB absorbing properties.
- **Benzophenones**: These absorb both UVA and UVB rays.

In July 2006, the U.S. FDA approved an over the counter sunscreen containing an ingredient known as ecamsule (Mexoryl). Ecamsule is a potent UVA blocking compound that has been sold in sunscreen products in Canada and Europe since 1993.

Most experts recommend reading the list of ingredients in a sunscreen to see if it has broad-spectrum (UVA and UVB) coverage. Many products labeled as "broad spectrum" or "UVA blockers" do not adequately block UVA rays. A good broad-spectrum sunscreen should contain avobenzone, ecamsule (Mexoryl), titanium dioxide, or zinc oxide for significant UVA protection.

Does it matter whether it is a gel, cream, or spray?

Whether you choose a lotion, stick, gel, or cream sunscreen depends largely on your skin type and personal preference. Oil-free gels are good solutions for facial skin prone to breakouts, and sprays may make application to the back and shoulders easier.

What's the difference between water-resistant and waterproof?

"Water-resistant" sunscreens should retain their protective ability for at least 40 minutes in water. Those labeled "waterproof" should protect the skin for 80 minutes in water.

The American Academy of Dermatology recommends using a broad-spectrum sunscreen with an SPF of at least 15 on a daily basis throughout the year. An important note is that no sunscreen can be effective unless it is properly and frequently applied.