

June/July 2010 Newsletter

Symons Recreation Complex

1250 HWY 14 West

Richland Center, WI 53581

(608)- 647-8522

www.symonsrec.com

Get Smart About the Sun

There are plenty of myths about skin cancer and sun protection.

Most sun damage is done when we're kids, right?

Not necessarily. That information was based on a misinterpreted study from the eighties. We actually get less than 25 percent of our total sun exposure by age 18 according to new research. Each 20-year period after that averages another 25 percent. So adopting new, healthy skin habits now can literally save your life.

Isn't indoor tanning safer than baking in the sun?

NO! That misconception lures more than a million people-71 percent of them women under 30-to tanning salons every day. High-pressure bulbs in tanning beds emit as much as 12

times the UVA the sun does, increasing your risk of melanoma by 75 percent if you started indoor tanning before age 35. The only safe tan comes from a bottle.

Do I really need to wear sunscreen 365 days a year?

Yes! Slather it on every inch of exposed skin every single day. For the record, SPF foundation doesn't count (you don't use enough of it for protection), so layer it on top of sunscreen. Heading to the beach? Apply SPF from head to toe before suiting up (swimsuits can shift, revealing unprotected skin). Then reapply every 80 minutes or immediately after swimming, says Robert A. Weiss, M.D., president of the American Society for Dermatologic Surgery.

What should I look for in a sunscreen?

First scan the label for the words "broad spectrum" and check the ingredient list for sun blockers zinc oxide and titanium dioxide. All indications that your formula shields you from UVA and UVB, the two types of skin cancer-causing rays. The SPF level (shoot for at least 30) measures a product's ability to protect only against UVB, which leads to burns. But you need a sun screen that also filters UVA rays, which penetrate deeper into the skin, resulting in wrinkles and age spots.

Article continued



on other side

Symons Fall Bike Tour

~Sept. 11, 2010

The 8 mile tour takes riders on a nature bonanza, crossing creeks, traveling through meadows and under the shade of a tree-lined railroad bed. Enjoy breathtaking views all around you. Festive stops along the way!

Symons Fall Bike Tour has steep climbs and fast falling descents for those looking for them in the 15, 31, and 46 mile rides. Visit hilltop orchards and enjoy fresh crisp apples and cider.

Discover and enjoy the beauty of Richland County!

Symons Fun Run/Walk ~ Aug. 21, 2010 Race at 9:00 AM

5K & 10K Run

Your choice of 5K run or walk or 10K run. Includes water stops, mile markers, and refreshments.

Special Awards for the 5K & 10K Run will be awarded to overall male and female winners. Age division awards will go three deep for males and females.

Cost is \$15 prior to Aug. 6, 2010. \$20 day of race.



Don't forget to sign up for summer swim lessons

Session 1 begins June 14

Session 2 begins June 28

Session 3 begins July 12

Session 4 begins July 26

Call Today! 608-647-8522

Looking Ahead...

- *Swim Meets at Symons on June 15, July 22 Pool Closed 4-9pm & July 31 Pool Closed 8am-4pm*
- *Symons Annual Shutdown*

*Pool, Whirlpool, Sauna, Lockers Rooms Closed:
(Weight Room & Racquetball Courts OPEN)
August 16th through August 20th*

*Entire facility is CLOSED Saturday at 12:30pm;
CLOSED all day Sunday August 15th*

- *Fun Run/Walk ~ Saturday, August 21, 2010*
- *Fall Bike Tour ~ Saturday, September 11, 2010*
- *Fall Pool Schedule Starts ~ Monday September 7, 2010*

Members of Participating Medicare health plans...

Join the Nation's leading fitness program for older adults for FREE!

**Get fit,
have fun,
make friends...
with the SilverSneakers
Fitness Program!**

To find out if your Medicare health plan offers the program, visit www.silversneakers.com or call your health plan's customer service department.

Get Smart About the Sun (*continued*)

I have a lot of moles.

Am I more at risk?

Normal moles (small brown spots or growths) are generally benign-but having more than 50 does up your risk for melanoma. Atypical ones increase your chances for skin cancer too. Every month, look for new spots and moles that have changed in shape, size or color, says D. Weiss.

How will I know if a spot is suspicious?

Remember the ABCDE signs of skin cancer:

A = asymmetrical shape

B = border; jagged or blurry edges are suspect

C = color; two or more shades within a mole is bad news.

D = diameter; moles greater than one-quarter inch (about the size of a pencil eraser) may indicate a problem

E = evolving; any mole that changes size, shape or color is suspicious.

Find any of these? See a dermatologist right away!

Remember to protect these Key Spots:

Nose: It's the leading area for facial skin cancers.

Tip: Apply a double dose of sunscreen!

Scalp/Hairline: Melanomas found here are deadlier than anywhere else on the body. Doctors think it's because they're detected later, since hair can hide them.

Tip: Wear a hat and use a light aerosol sunscreen on your part & hair line.

Ears: These are a hot spot for actinic keratoses, pre-cancers that often turn into squamous cell carcinoma.

Tip: A sunscreen stick makes it easy to shield these often-overlooked areas. A wide-brimmed hat adds protection.

Lower Lip: Unlike the upper, it's not shaded from UV rays by the nose.

Tip: Use an SPF rich balm or lipstick on your entire mouth. Avoid glasses their shine may attract UV rays

Left Side of the Face: UVA rays can penetrate glass, so driving a car puts this half in greater danger. If you're more likely to be a passenger, the reverse is true.

Tip: Apply a high-level SPF (30 or more) all over your face before a long drive and be sure to touch up during pit stops.

Legs: Melanomas are more common here in women than men, probably because women want tanned legs and are likely to skimp on or skip sunscreen.

Tip: Rely on self-tanner, not the sun, for color, and top it with sunscreen.

Feet: Summer sandals and flip-flops leave them more exposed.

Tip: When applying sunscreen, be sure to cover your feet thoroughly, including on and around your toes.

Article from Fitness Magazine