

skin

SKIN CARE MAGAZINE FOR TEENS

SAVVY!

SPRING 2003

summer's
HOTTEST
Tanning Quiz!

(PG 1)

SUMMERIZE
your skin

(PG 2)

7 steps to
superskin

(PG 2)

DYING TO BE
DARK:

Lindsay's Story (PG 3)

Ask The Expert

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USE A SUNSCREEN OF



OR HIGHER

WIN! over
worth of skin care
products from the Body Shop.
See page 4 for details!
\$100!

SUMMER'S HOTTEST tanning quiz

TRUE OR FALSE

A tan is a sign of good health.

F - Although a tan is thought of as a sign of good health, we now know this is false. Any tan is skin damage!

TRUE OR FALSE

A "base" tan protects the skin from burning and being damaged by the sun.

F - A "base" tan, like any other tan, is skin damage! Sunburn can still occur when tanned.

TRUE OR FALSE

Tanning leads to wrinkles and sagging of the skin.

T - Tanning leads to wrinkles, sagging of the skin and dry skin. These make you look older.

TRUE OR FALSE

Only sunburns lead to skin cancer.

F - While sunburns increase your risk of skin cancer, so does tanning! Any UV exposure increases your risk of skin cancer.

TRUE OR FALSE

Eyes are not affected by ultraviolet (UV) rays.

F - Like your skin, your eyes are at risk, too. Everyone should wear sunglasses that protect against UVA and UVB radiation.

TRUE OR FALSE

SPF 15 means Sun, Play and Forget for 15 hours.

F - SPF = Sun Protection Factor. 15 is the minimum SPF recommended. Re-apply after swimming and at least every 2 hours while in the sun!

TRUE OR FALSE

Sunless tanning products are safe and effective.

T - Unless tanning products, aka "tan in a can," are safe and effective. They have improved in recent year and give the appearance of a natural tan.

TRUE OR FALSE

Sunburns only happen in the summer.

F - While most sunburns occur in the summer, they can happen in the winter, too! The sun emits UV radiation all year. Glare off snow and ice adds to the risk of sunburn in winter.





1. Allergy is a possibility!
 Before using, rub a small amount on the inside of your elbow. Check it in half an hour. If a reaction occurs, do not use! Consult your doctor or pharmacist for more information.

2. Exfoliate first!
 Removing dry skin first will give you a better "tan." A nylon cloth or body scrub works best.

3. Moisturize.
 Apply a light moisturizer. This ensures the "tan" will be more even.

4. Apply evenly.
 If using a spray, spray evenly over your body. If using a lotion, apply it using a circular motion as you rub it in. Don't forget about your elbows, knees and armpits!

5. Wash your hands!
 As soon as you are done, wash your hands so your palms aren't darker than the rest of you!

6. Remember:
 It can take several hours before you see the full effect of your new "tan."

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FRESH AIR
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623-9393

7 steps to superskin

1 Who says you should bare it all!
 Cover up against nasty UV rays.

2 Head's up!
 Wear a hat to protect your face and neck.

3 Lay it on thick!
 Always use sunscreen with SPF 15 or higher.

4 It's time!
 Avoid the sun from 11 am to 4 pm when UV rays are strongest. Take a break and enjoy the shade.

5 Drink up!
 Notice everyone is telling you to drink lots of water? They're right! Water helps to supply oxygen and nutrients throughout your body, including the skin.

6 Powder your nose with SPF!
 Many companies now add sunscreen to make-up. Try one!

7 Let the eyes have it!
 Choose sunglasses that protect against UVA and UVB radiation!





DYING to be DARK

LINDSAY'S STORY

As a teenager, Lindsay was an avid tanner. The Queen of Tan says melanoma, a deadly skin cancer, changed her life at the age of 23.

"For years I slathered on the baby oil and soaked up the rays in the back yard. I worked hard to have the best tan, and I was darker than all my friends!" Lindsay says she had no idea the price she'd pay for this a few years later.

"By this time the damage was already done, and I didn't even know it!" Lindsay says she knew that sunburns caused skin cancer but truly believed that tanning was safe. "I don't think I've ever had a sunburn where I peeled or blistered. I remember going red after hours of tanning, but that's it."

A few years later, while studying nursing in university, Lindsay did a project on melanoma. "When I read about the signs of melanoma, I became worried. I had a small mole on my leg that would

bleed and scab over. The odd thing was that my mole didn't look anything like the cancerous moles in the pictures. Mine was much smaller, had clear borders and was perfectly round." Lindsay decided to go to her doctor about the mole. "I wanted to be sure I was healthy. I knew he might remove the mole but never expected to be told I had melanoma."

Luckily, her doctor explained, the melanoma was just beginning and had been caught in the earliest stage. But more surgery was necessary. They removed five or six inches of tissue around the mole. "I was very upset with the ugly mark it left. Within a year, though, the area healed and is barely noticeable."

Lindsay was sent to the Cancer Centre to discuss her treatment options. She and her doctors decided to wait and hold off on chemotherapy. "I was told that chemo would be needed if the cancer returned. I had just

gotten married and wanted to start a family right away."

Today, Lindsay remains cancer-free. "I've changed my skin care habits since this happened. I'm certain that my tanning habits caused the melanoma. You'll never catch me out in the afternoon sun without sunscreen."

Lindsay tells her story so other people will protect themselves. "Avoid tanning, wear sunscreen and follow the guidelines to protect yourself against skin cancer" she says. "If you notice any changes, see your doctor. You know your body better than anyone else so you know if a mole is changing."

Remember, if detected early, melanoma can be cured.

Today, Lindsay is healthy and enjoying life with her family.

Note: Lindsay's Story is based on a true story. Identifiable information has been changed to protect those involved.



• •Your skin isn't the only thing that can be damaged by the sun! • •

UV radiation can also hurt your eyes. Be sure to protect them by wearing the right sunglasses!

☆☆☆ 3 STAR GUIDE FOR BUYING SUN-SAFE SUNGLASSES ☆☆☆

- Always purchase sunglasses with...
- high cost usually means style or brand name, **NOT** UV protection!
- Sport-style sunglasses offer the most UV protection.



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What you keep in your medicine cabinet reflects your skin-care habits.

Toss the trash!



Tanning trash

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YOU COULD WIN!

1 of 2

baskets of skin care products from the Body Shop

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Ballots can be found on the Teenwavez website at

www.teenwavez.com

All questions on the ballot must be completed for form to be considered valid.

One entry per person only.

Ballots must be received by June 30, 2003. Draw will take place at 10 a.m. on July 4, 2003. Winners will be notified by phone or mail.

Practice Safe Sun!

UVA (aging) and UVB (burning) rays from the sun can be dangerous and wreak havoc on your skin. To get that sun kissed look, The Body Shop can show you how to Fake It. We carry a wide range of self-tanning products, bronzing cosmetics and moisturizers to keep your skin looking and feeling its best, without the harmful effects of the sun.

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Bring in this ad to The Body Shop and receive **15% off** your next purchase of \$35 worth of sun care, make-up or moisturizers.

Offer valid until June 30, 2003. Not to be used with any other discount or promotional offer.





Dear Expert:
I feel so fat and ugly! I can't stop thinking about my weight! I can't be seen in a bathing suit this summer! My friends all say I look fine. What should I do?
 Britney

Dear Britney:
 Some people say they "feel fat" when what they're really feeling is down, lonely, sad or disappointed. This is pretty common, and should be balanced by days where they feel pretty good! Some people see their weight as a major problem and can't stop thinking about it. How you feel about yourself has a lot to do with self-esteem. Some people believe they would be happier "if only" they looked different. This is simply NOT true.

Self-esteem and happiness come from within. Everyone has good qualities that make them beautiful or attractive to other people. Like yourself NOW and as you are - not when you lose 10 lbs! For more, check out the "Mirror Mirror" section of www.teenwavez.com

Catherine, Registered Dietitian



Dear Expert:
My mother just found out she has breast cancer. Could I get it too? What do I need to know?
 Katie

Dear Katie:
 It is natural for you to be wondering about this. Here's what you need to know. Having a close relative with breast cancer (a mother or sister) does raise your chance of developing a breast cancer during your lifetime. This does not mean you will definitely get it. Most women who develop a breast cancer have no history of it in their family.

Breast cancer in the teen years is extremely rare. It usually happens over the age of 50. The older we get, the greater the risk just because of age. At your age, you do not need to have a mammogram or other tests unless your doctor asks you to.

The best thing you can do now is to become familiar with your breasts so you know what is normal for you. Many women check their breasts on a regular basis (Breast Self-Examination, or BSE for short). To learn BSE go to www.breastselfexam.ca.

Jan, Breast CARES Co-ordinator

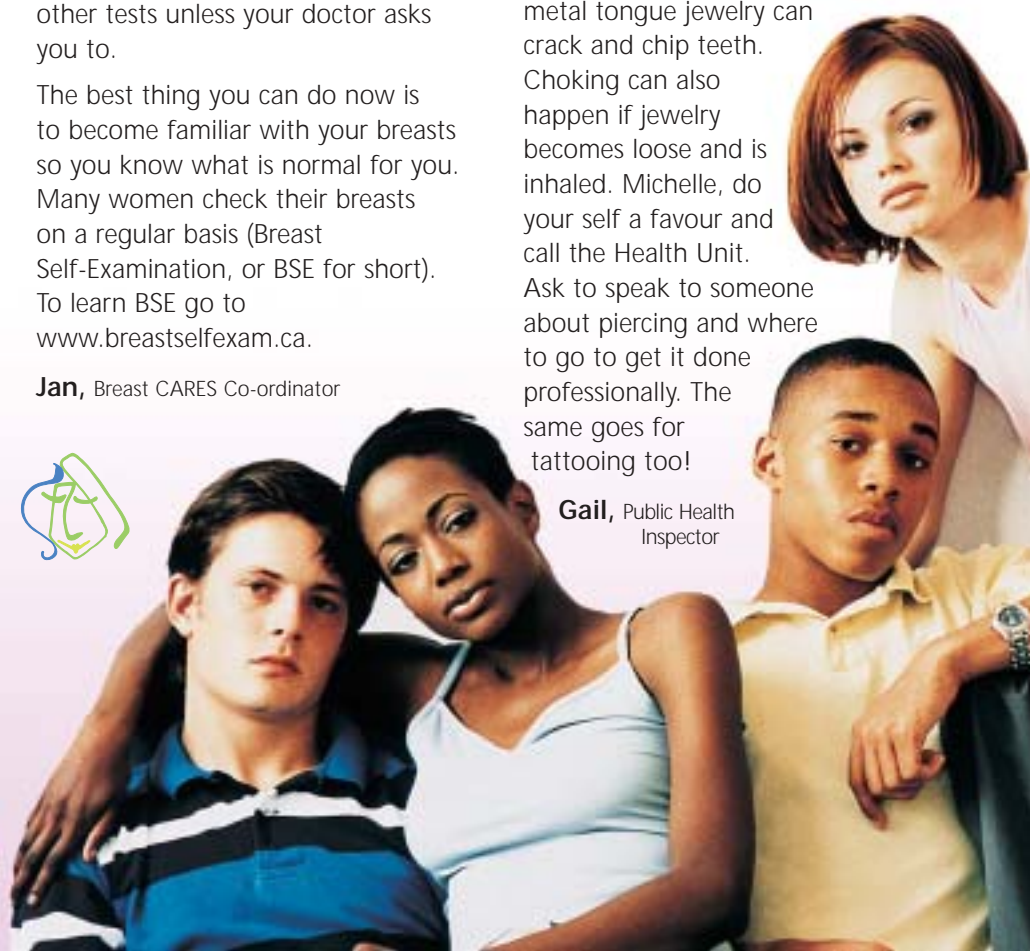


Dear Expert:
I've been thinking about piercing my tongue and my friend said she could do it for me. I heard there can be problems with body piercing. Is this true and what should I do? Michelle

Dear Michelle:
 You heard right. Cutting or piercing the skin leads to a risk of infection. Don't let your friend do this for you. We go to a doctor to have surgery and to the dentist to have a tooth pulled...they know how to do these procedures safely! The same goes for body piercing- go to an expert. Dirty piercing tools (needles and guns) could infect you with HIV and many other infections. Professional piercers use sterile methods and instruments to pierce your flesh safely.

The mouth is a sensitive area to pierce. Also, be aware that the hard metal tongue jewelry can crack and chip teeth. Choking can also happen if jewelry becomes loose and is inhaled. Michelle, do yourself a favour and call the Health Unit. Ask to speak to someone about piercing and where to go to get it done professionally. The same goes for tattooing too!

Gail, Public Health Inspector





Dear Expert:

My friends & I are planning to go to a party this weekend. I'm nervous after hearing stories about people having drugs slipped into their drink. Is this really happening here?

Renee

Dear Renee:

It's true! Young people in the Thunder Bay District have had drugs slipped into their drinks. This is a common way for date rape drugs to be given. Without knowing it, a victim is drugged and becomes unable to prevent a sexual assault. It's very important to know how to protect yourself at a party.

Follow these tips:

- Hold onto your food/drinks, never accept food or drinks from anyone else. Watch if someone else is mixing a drink for you. Never go back to a drink that you've left alone.
- Always go with a friend who will stay sober. Watch out for each other to make sure you both stay safe.
- Make a plan ahead of time for getting home safely. NEVER get into a car with someone who's been drinking or doing drugs!
- Always let someone know where you are in case of an emergency!

Lynda, Health Promotion Planner

Dear Expert:

My friend told me she has chlamydia. I've heard of it but don't know much about it. What is it? What should she do?

Rachel

Dear Rachel:

Your friend has a sexually transmitted infection that must be treated with antibiotics.

You get chlamydia from vaginal, oral or anal sex. Quite often there are no symptoms. It is known as the "silent epidemic" because it can spread silently in women and cause a painful condition called PID [pelvic inflammatory disease] as well as infertility [the inability to have children].

Rachel, have your friend call or come to the health unit to talk about her chlamydia and to get treatment.

Chlamydia is easily cured with the proper antibiotics.

Fran, Public Health Nurse



Dear Expert:

I hate wearing my bicycle helmet because it messes my hair and makes me look like a geek. Does it really matter?

Sarah

Dear Sarah:

It matters a great deal! You can always fix your hair but you can't fix a brain injury. Most of us take for granted the ability to feed ourselves, dress ourselves, etc. This is what you could lose if you suffered a brain injury from not wearing your helmet. Bike helmets protect your brain from smashing against your skull when an accident occurs. Wearing a helmet is the law! And this law saves lives! Wear your helmet and be thankful you have the ability to fix your hair later!

Judi, Public Health Nurse



Dear Expert:

I'm interested in this guy in math class. I hear he chews tobacco. Is this safer than smoking? Alyssa

Dear Alyssa:

Smokeless tobacco (chewing tobacco) is NOT safer than smoking cigarettes. Both are addictive and can cause cancer. Chewing tobacco can lead to cancer of the mouth. It also causes yellow teeth (not pretty to look at!) and bad breath (need I say more?). These don't make for a very kissable partner! There isn't much appeal being with someone who spits a lot and smells bad, too! Be a friend to him - encourage him to quit!

Sue, Public Health Nurse

