

A Su Salud

To your health

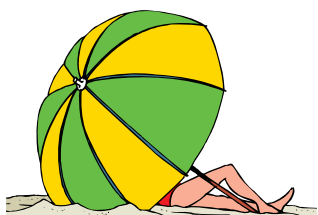
Quit Smoking: Everybody's Doing It

New York City has been smoke-free for a year, the entire country of Ireland just went smoke-free March 29, colleges and universities across the country are banning smoking everywhere but parking lots. If you are a smoker, you can't help but notice that more and more work places, colleges, cities and even entire countries are banning smoking in public places. Why not prepare yourself for the inevitable by quitting smoking sooner than later? Through the end of this spring quarter, De Anza Health Services can assist you in your efforts to quit smoking by offering a free smoking cessation program. The program consists of two counseling sessions and then your choice of hypnotherapy, acupuncture, nicotine replacement gum, nicotine replacement patches, or a prescription medication.

Why not take advantage of a free opportunity to quit while you still have the choice? Don't wait until you're forced into the parking lot far, far away from your office or classroom. Do it now. For free. Call Mary-Jo at 864-8903, or e-mail her at lomaxmaryjo@deanza.edu.



Going for the Bronze



tion. Winter-pale legs, arms and bellies are appear-

Spring has sprung into summer very quickly this year. That means that many of us have been wearing our summer clothing before our bodies have fully emerged from hiberna-

ing from shorts, sleeveless shirts and low rider pants. Before you expose your tender skin to the sun's damaging rays again this year, why not think seriously about getting a fake tan. It's faster and, depending on the type you choose, pretty cheap. Not all fake tans are equal, however, and some are downright dangerous. The following list will help you avoid getting "burned" from a fake tan

And remember, no sunless tanning product protects you from the sun. Always apply sunscreen when you are exposed to the sun.

Types of tanners

Sunless tanning products – Sunless tanners come in lotions, gels or sprays. According to the American Academy of Dermatology, the most effective ones contain dihydroxyacetone (DHA) as the active ingredient. DHA is a colorless sugar that interacts with the dead cells located in the outermost layer of the skin. As the sugar interacts with the dead skin cells a color change occurs. The color gradually fades in about five to seven days as the dead skin cells are naturally sloughed off. To maintain your faux glow, most products suggest that you re-apply the sunless tanner every three days.



Your sunless tan can cost as little as a couple of dollars if you buy one of the many good products at the drugstore or as much as \$50 or more at a salon. Salon sunless tanning involves either being 'airbrushed' by a technician or stepping into a booth where you are sprayed all over by misting jets.

Bronzers – Bronzers are usually tinted powders or moisturizers that offer a temporary tan that is easily washed off.



Tanning accelerators, amplifiers, maximizers, intensifiers – Manufacturers of these products claim that the ingredients stimulate the body's ability to produce melanin (your skin's pigment), but what the ingredients really do is to make your skin more sensitive to sun. *Be careful!*

Tanning Pills – Tanning pills are illegal in the U.S. The pills contain large amounts of either beta carotene, lycopene, or canthaxanthin.. The FDA has approved the use of these chemicals as color additives for food, not as tanning agents. As a color additive, the chemical is used in very small amounts but as a tanning agent, much more has to be used. Many serious side effects are associated with these types of pills including hepatitis, urticaria, a condition that involves relentless itching and skin eruptions and canthaxanthin retinopathy, a condition in which yellow deposits form in the retina of the eye. *Stay away!*



For more information about all aspects of sunless tanning, log onto www.sunless.com.

Shedding Light on Sunglass Myths



Wearing sunglasses is simply a fashion statement. Repeated UV exposure has been linked to eye diseases such as cataracts and macular degeneration, as well as damage to the surface of the eye. Obviously, wearing sunglasses can really protect your eyes.



Cheap sunglasses are worthless. Sunglasses don't have to be expensive to protect your eyes from harmful UV-A and UV-B rays. Look for sunglasses that block out 99-100% of both UV-A and UV-B.



The darker the lens, the better the sunglasses. UV or ultraviolet protection is a coating on the surface of the lens

and has nothing to do with the tint or shade of the sunglasses.



Color matters. Tints are personal preference and don't affect the sunglasses' ability to block out UV rays. Brown tints tend to change the color of things, while with green and gray tints this is less noticeable. And remember, the UV protective coating is colorless.



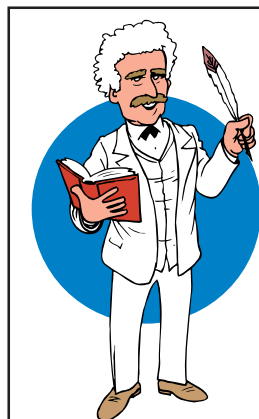
You should wear polarized sunglasses. Polarized aren't always necessary, but if you squint with your sunglasses on, you may be sensitive to the sun's glare. Polarized or mirrored sunglasses help protect your eyes from glare.



Do you choose style over sun protection? Smaller frames are stylish, but that means more sun can get in and around your eyes. Wear a hat for extra protection.



Do you choose sun protection over style? Wraparound sunglasses that provide side shields are the best at blocking out harmful rays.



"To cease smoking is the easiset thing I ever did. I ought to know, I've done it a thousand times."

- Mark Twain

De Anza College Health Services

is available to all registered De Anza students. Some of our services include:

Health education/TB skin tests/First Aid/Blood pressure checks/Condoms/lubricants/Over-the-counter medicine/
Pregnancy tests/Family planning

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