

# Community Health Newsletter

Week 21



## U: UV Index



The sun emits UV or ultraviolet rays. UV radiation is invisible; it consists of a variety of wavelengths, classified as UVA, UVB, or UVC.

While UV rays help our bodies make vitamin D, exposure to large amounts of UV rays without protection is harmful. Sunburn is the common result, but ultimately, sunburn can cause long-lasting skin damage and lead to skin cancer.

Both UVA and UVB are significant contributors to conditions such as premature skin aging, eye damage (including cataracts), and skin cancers. They also suppress the immune system.

Sun protection is essential. About 90% of non-melanoma skin cancers and 65% of melanomas are associated with exposure to UV radiation.

- Stay in the shade, especially between 10AM and 4PM.
- Use a broad spectrum (UVA/UVB) sunscreen with SPF of 15 or higher EVERY DAY. If you will be outdoors for an extended period of time, consider water-resistant sunscreen with an SPF of 30 or higher. Apply about 2 tablespoons of sunscreen to your entire body 30 minutes BEFORE going outside. Reapply every two hours or immediately after swimming or sweating.
- Keep newborns out of the sun. Sunscreen should only be used on babies that are six months or older.
- Avoid tanning booths or beds.
- Cover your skin with clothing, hats, and UV-blocking sunglasses.

## Food of the Week: Uva = Grape

According to the CDC, grapes are one of the oldest cultivated fruits. Early Spanish explorers brought European grapes to America, but concord grapes are one of three fruits (cranberries and blueberries) native to North America. Thompson seedless grapes came from Iran, but they are the most popular variety grown in the U.S primarily because they are processed into raisins.

Grapes are about 80% water, low in sodium, and add fiber to diet. Grapes contain phytochemicals (plant compounds) that may reduce heart disease.

## Stretching

*Stretching exercises are a good way to prevent injury and increase your range of motion. Stretch slowly and gently.*



## Greens with Grapes

1 cup seedless grapes, halved  
3 cups of greens, well washed  
1 T chopped red onion  
2 T balsamic vinegar  
2 T olive oil  
1/8 t salt  
Black pepper to taste

Place grapes, greens, and onion in a bowl. Dress with vinegar, oil, salt & pepper. Toss and serve.

According to the Centers for Disease Control and Prevention, even if it's cool and cloudy, you still need sun protection. Clouds do not block UV rays, unprotected skin can be damaged by UV rays in as little as 15 minutes, but it can take up to 12 hours for skin to show the burn.



Source: Grapes from California

<http://www.freshcaliforniagrapes.com/coloring-ship.php>