

QuickBites



Summer Skin Care: Myths and Facts

Your skin is one hard-working organ. (Yes, it is considered an organ. In fact it's the body's largest!) Skin acts as a protective barrier between your internal organs and the outside world. It's a busy communications hub, constantly updating info on touch and temperature, and passing that info along to your brain. Your skin is also a manufacturing plant of sorts, making vitamin D from sunshine.

Summer living puts extra demands on your skin. Extreme heat, radiation from the sun, poisonous plants, chlorine from swimming pools, and the list goes on. They all can take a toll on your skin's health.

Top 8 Myths of Summer Skin Care

Americans seem to care a lot about their skin's appearance. Why else would they spend about \$10,000,000 every year to keep it looking its best? Read on to test your knowledge of skin care and how to keep it healthy for the summer and the long term.

Myth #1 Before heading off on summer vacation, get a base tan at a tanning salon. You'll protect your skin from sun damage.

Sorry, but a visit to the tanning salon is never a good idea. Think of it this way: A tan is proof that your skin has been damaged. Tanning beds are just as bad, and maybe worse, than catching some rays at the beach. The World Health Organization recently labeled tanning beds as "carcinogenic to humans". When compared with people who have never tanned indoors, indoor tanners have a higher risk of all forms of skin cancer.

Myth #2 It's best to toss out bottles of sunscreen from last summer. They've lost their effectiveness.

You might not have to toss that bottle after all. Sunscreens are designed to keep their original strength for three years. This means that you can use leftover sunscreen from one year to the next. Some sunscreens are stamped with an expiration date. Discard sunscreen that's past its expiration date or if it has been exposed to high temperatures.

Myth #3 The higher your sunscreen's SPF — sun protection factor — the longer you can stay out in the sun.

No. No. No. SPF is not an indicator of how long a sunscreen protects you from the sun's cancer-causing UVB rays, but how well it protects. And just as importantly, SPF refers only to protection from UVB rays, not UVA rays. Choose a broad-spectrum sunscreen that protects against both types — UVA and UVB — of ultraviolet radiation.

Myth #4 You won't get sunburned on a cloudy day.

Just because you can't see your shadow doesn't mean you're safe from the sun's damaging rays. Believe it or not, up to 80 percent of the sun's ultraviolet rays can pass through clouds and fog. Be sure to apply sunscreen on cloudy and sunny days.

Myth #5 People who work indoors all winter long should spend a lot of time in the summer sun. That way their bodies can build up enough vitamin D to last the whole year.

Your skin produces vitamin D following exposure to the sun's UVB rays. Vitamin D works with calcium to keep your bones strong. However, after about five minutes of summer sun exposure, vitamin D production reaches its peak. Further UV exposure will actually break down vitamin D to inactive compounds. The safest way to get adequate vitamin D is through diet and supplements.

Myth #6 People of color don't need to bother with applying sunscreen. Their dark skin is protective.

It is true that people of color are less likely to develop skin cancer than Caucasians, but they have a higher risk of dying from it. A very dangerous and fast-spreading skin cancer known as acral lentiginous melanoma is more common among darker-skinned people. This aggressive cancer may appear as a growth in the mucous membranes, under the nails, or on the palms or soles of the feet. Whatever your skin color, protect yourself with sunscreen and perform regular skin self-exams.

Myth #7 Blame your wrinkles on your genes; it's not the sun's fault.

Exposure to sunlight's UV rays, cigarette smoke and repeated facial expressions all contribute to your skin's normal aging process, adding fine lines to your face. Dermatologists recommend using a moisturizer daily. Moisturizers trap water in the skin. This helps reduce the appearance of fine lines and makes your complexion look brighter and younger.

Myth #8 Drinking lots of water improves your complexion.

The Internet is loaded with advice that drinking 6 to 8 glasses of water every day will help prevent dry skin or wrinkles or acne. Yet there are no scientific studies that show that drinking water has a positive effect on skin. That's not to say there's no benefit to staying hydrated on a hot day. Avoid heat stroke. Drink plenty of water when you're outside in the sun.

Source: www.skincancer.org

Fattoush Makes 5 servings.

Make this traditional Lebanese bread salad in summertime when tomatoes are at their sweetest and juiciest.

INGREDIENTS

- 2 whole-wheat pita breads
- 2 tablespoons extra virgin olive oil
- Ground sumac or mild paprika, to sprinkle
- The juice of 1 lemon
- 1 teaspoon fresh thyme leaves, preferably lemon thyme, or fresh oregano leaves
- 1/4 teaspoon salt
- Freshly ground black pepper
- 1 small head romaine lettuce, sliced
- 3 juicy, vine-ripened tomatoes, sliced into thin wedges
- 1 cucumber, peeled and sliced
- 1/2 red onion, very thinly sliced
- 1 big handful fresh mint leaves

NUTRITION INFO PER SERVING

135 Calories	20g Carbohydrate
5g Fat	4g Dietary fiber
1g Saturated fat	220mg Sodium
0g Trans fat	49g Calcium
4g Protein	



Recipe Source: Healthy Living Kitchens

DIRECTIONS

1. Preheat oven to 350°F (175°C). Stack pitas and cut into thin wedges. Spread 1 tablespoon oil in a baking pan. Add the pita wedges. Sprinkle with ground sumac or paprika. Shake the pan to distribute the oil. Bake for 10 minutes, until the wedges are lightly toasted.
2. In a wide, shallow salad bowl whisk together lemon juice, thyme or oregano, salt, black pepper and the remaining 1 tablespoon oil. Add sliced lettuce, tomatoes, cucumber, onion and mint. Toss to coat with the dressing and let sit 10-15 minutes. Add the toasted pita wedges, toss again and serve.