



Shore Health

Long Beach Island
Health Department

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Indoor Tanning: All the Dangers of the Outdoor Sun



While more people are beginning to understand the hazards of too much sun exposure, the indoor tanning business is booming. Every year 28 million Americans visit tanning salons.

The indoor tanning bed may seem to be the answer to every sun lover's prayers. Many people think that tanning beds allow for safe tanning without any of the harmful side effects. Doctors say this is because the tanning industry has done a good job of promoting the notion that tanning booths offer "moderate" UV exposure compared to the sun's rays. But studies are showing that indoor tanning may be just as harmful to the skin as outdoor sun exposure. It has been linked to all kinds of skin cancer. Melanoma, the most deadly form, claims an estimated 8,000 lives annually in the United States. It is the most common cancer in young women aged 25 to 29.

Indoor tanning seems to be increasingly popular with adolescents, especially young women. In the last two years, the World Health Organization, the American Medical Association and the American Academy of Dermatology have labeled tanning beds as the health-danger equivalent of cigarettes. All have urged prohibiting their use by those under 18 years of age. As a result, in the past year, New Jersey passed a law restricting a minor's access to tanning salons.

The idea of developing a "base tan" at a salon before going on vacation is a dangerous one. According to dermatologists, there is no such thing as a safe tan. A tan is a defense mechanism: after the skin has been damaged, the body produces the brown pigment melanin to protect itself from further ultraviolet radiation.

Source: American Academy of Dermatology and Skin Cancer Foundation

September is National Preparedness Month

National Preparedness Month is a nationwide effort, sponsored by the U.S. Department of Homeland Security and held each September to encourage Americans to take the following simple steps to prepare for emergencies in their homes, businesses and schools.

Get a Kit - Get a kit of emergency supplies that will allow you and your family to survive for at least three days in the event an emergency happens. The kit should include basic items like water, food, battery-powered radio, flashlight and a first aid kit.

Make a Plan - Plan in advance what you

and your family will do in an emergency. Your plan should include a communications plan and address sheltering-in-place and evacuation.

Be Informed - Learn more about different threats that could affect your community and appropriate responses to them.

Get Involved - After preparing yourself and your family for possible emergencies, take the next step: get training in first aid and emergency response and get involved in preparing your community.

For more information go to: www.ready.gov and www.citizencorps.gov

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Websites of interest:

www.fda.gov/medsinmyhome
Medicines In My Home

www.aginginstride.org
Aging in Stride

www.healthynj.org
HealthyNJ

www.health.gov/NHIC/pubs/tollfree.htm
2006 Toll-Free Numbers for Health Information

onguardonline.gov/index.html
On Guard Online

endabuse.org
Family Violence Prevention Fund

www.njpolio.org
Polio Network of New Jersey

www.ochd.org/72hour
*Ocean County Health Department
Emergency Preparedness*

Shopping Carts and Kids: Not So Perfect Together!



According to the American Academy of Pediatrics (AAP), shopping cart-related injuries are common and can result in

severe injury or even death. In 2005 alone, thousands of children, most under the age of 5, were treated for injuries that occurred when the child fell from a shopping cart, became entrapped in the cart, fell while riding on the outside of the cart, or the cart tipped over. Most injuries were to the head and neck.

Many shopping carts these days are potentially unstable. The AAP is recommending that safety standards be revised to insure that, in the future, carts will have safety restraints and be stable enough to prevent falls and

injuries due to cart tip-overs. In the meantime parents should carefully consider the potential for injury before placing a child in a shopping cart.

Instead of putting children in shopping carts, parents can try one of the following alternatives:

- * Get another adult to come with them to watch the children while shopping.
- * Put children in strollers, wagons, or frontpacks instead of in shopping carts.
- * Ask older children to walk and praise them for behaving and staying nearby.
- * Leave children at home with another adult.
- * Shop online if local stores offer shopping on the Internet.

If a parent chooses to place a child in a shopping cart, he or she should make sure that the child is properly secured in a belt or harness and NEVER:

- * Leave a child alone in a shopping cart.
- * Allow a child to stand-up in a shopping cart.
- * Place an infant carrier on top of the shopping cart.
- * Allow a child to ride in the basket.
- * Allow a child to ride on the outside of a cart.
- * Allow an older child to climb on the cart or push the cart with another child inside.

Source: American Academy of Pediatrics and The Arc of New Jersey

Top 5 Habits for Healthy Skin

Americans spend billions of dollars each year on skin care products that promise to erase wrinkles, lighten age spots, and eliminate itching, flaking, or redness. However, there are some simple, inexpensive habits that can protect your skin and keep it healthy for years to come.



1. Protect yourself from the sun. Ultraviolet light — the invisible but intense rays of the sun — damages your skin, causing wrinkles, dry skin, freckles, and skin cancer. Stay out of the sun between the hours of 10AM and 4PM. Wear protective clothing like cover-ups and wide-brimmed hats. Apply sunscreen 20 minutes before going outside and reapply every two hours.



2. Don't smoke. Smoking can accelerate the normal aging process of your skin, contributing to

wrinkles. Smoking causes the blood vessels in the outer layers of skin to shrink. Less blood flow means the skin does not get enough oxygen and vitamins, both important for skin health.



3. Wash your skin gently. Choose mild soaps with oils and fats added and avoid those with perfumes or dyes. Limit your bath or shower time to about 15 minutes or less, and use warm, rather than hot, water. Gently pat or blot your skin dry with a towel.



4. Moisturize regularly. Moisturizers work by providing a seal over your skin — to keep water from escaping — or by slowly releasing water into your skin. Choose one with a sun protection factor (SPF) of at least 15 to help protect your skin from ultraviolet



5. Shave carefully.

Soften hair before shaving by applying a warm cloth or taking a warm bath or shower. Using a clean, sharp razor, shave in the direction of hair growth, not against it. Lubricate your skin with shaving cream, lotion or gel before shaving and rinse afterwards with warm water.

Source: Mayo Foundation for Medical Education and Research

Did you know...

...the skin is the largest organ of your body, weighing about 8.5 pounds?

...the average person's skin renews itself every 28 days?

...there are approximately 19,000,000 skin cells on every square inch of your body?

Family Day — A Day to Eat Dinner With Your Children™ — September 25th, 2006



Family Day – A Day to Eat Dinner With Your Children is a national effort to promote parental involvement as a simple, effective way to reduce substance abuse by children and teens. *Family Day* emphasizes the importance of regular

family activities and encourages Americans to make family dinners a routine part of their lives. Research by The National Center on Addiction and Substance Abuse (CASA) at Columbia University has found that the more often children eat dinner with their families, the less likely they are to smoke, drink or use illegal drugs. The conversations that go hand-in-hand with dinner will help parents learn more about their children's lives and better understand the challenges they face.

Experts suggest starting the pattern of family dinners when children are young. Encourage children to create menu ideas and participate in meal preparation. Turn off the TV and let the answering machine answer calls during dinner-time. Talk about what happened in everyone's day: school, work, extracurricular activities or current events. Keep conversation positive and make sure everyone gets a chance to speak.

For more information visit:

www.CASAFamilyDay.org and www.familytable.info

Ten Benefits of Frequent Family Dinners

Children and teens who have frequent family dinners:

- are at half the risk for substance abuse compared to teens who dine with their families infrequently
- are less likely to have friends or classmates who use illicit drugs or abuse prescription drugs
- have lower levels of tension and stress at home
- are more likely to say that their parents are proud of them
- are likelier to say they can confide in their parents
- are likelier to get better grades in school
- are more likely to be emotionally content and have positive peer relationships
- have healthier eating habits
- are at lower risk for thoughts of suicide
- are less likely to try marijuana or have friends who use marijuana



Temporary Tattoos Could Lead to Permanent Problems



Celebrities have made henna tattooing a popular form of body art. But what starts out as fun can become a serious problem. Products marketed as henna may contain other ingredients that can result in mild to severe allergic reactions and infections that can lead to permanent scarring.

Henna is a natural plant dye used in the body-decorating process known as *mehndi*. Natural henna takes several hours to prepare. It typically produces an orange to brown tint which lasts about 2 weeks and usually does not cause problems. But the so-called "black henna", which mixes up quickly and stains the skin jet black, may contain the "coal tar" color p-phenylenediamine, also known as PPD. This ingredient may cause allergic reactions in some people. The only legal use of PPD in cosmetics is as a hair dye. It is not approved for direct application to the skin.

The Food and Drug Administration (FDA) has received complaints from people who have received products marketed as henna temporary tattoos, especially black henna, at places such as salons and kiosks at beaches and fairs. There have been reports of allergic reactions, skin irritations, infections, scarring and even problems affecting the whole body. A \$10 tattoo can end up costing much more in doctor visits and medications.

The FDA encourages consumers to report any adverse reactions from henna tattoos or any other cosmetics to their nearest FDA district office. In New Jersey, the number is (973) 526-6017.

Source: U. S. Food and Drug Administration

For more information on tattoos, temporary tattoos and henna products go to:
www.fda.gov/oc/opacom/hottopics/tattoos.html



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www.lbihealth.com

Supported by:
Long Beach Island Municipal Alliance
www.lbima.org



*The Long Beach Island Health
Department is the branch of local
governments responsible for
protecting and promoting the health of
the residents of:*

*Long Beach Township
Beach Haven
Ship Bottom
Surf City
Harvey Cedars
Barnegat Light*

*The Public Health activities and
programs include services for
individuals and their families, as well as
for the environment in which we live,
work, and play.*



Fall Programs

Mobile Mammography

Long Beach Island Health Department Parking Lot
October 13
By appointment-Call 1-800-246-2404

Free Fall Rabies Program for Dogs and Cats

Saturday, October 14 9AM-10AM
LBT Gazebo 6805 Long Beach Blvd. Brant Beach

Ocean County's 15th Annual Women's Health Night

Wednesday, October 25 5PM-9PM
Southern Ocean County Hospital
For more information call 978-3400 or visit www.soch.org

Watch for Flu Clinic Information

Beach Haven Times~Sandpaper
Comcast Message Board~www.lbihealth.com

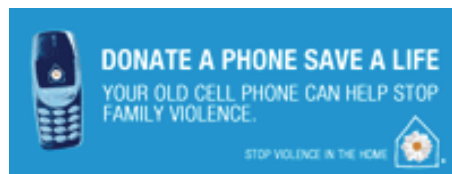
Mothers & Daughters-Healthy Choices

Saturday, November 18 9:30AM-1:30PM
Sea Oaks Country Club
Eighth & ninth grade female students & their mothers are invited
Free continental breakfast & buffet lunch
Presentations on:
Fetal Alcohol Syndrome·Self Defense·Smoking
Strengthening Relationships

October is National Domestic Violence Awareness Month.

The Body Shop in conjunction with the National Coalition Against Domestic Violence is sponsoring a Cell Phone Donation Program.

For How To Instructions and a Pre-Paid Mailing Label go to:
www.ncadv.org and click on the *Donate A Phone, Save A Life* icon.



Other Health Observances

September 1 - 30 is Fruit and Vegetable Month
www.5ADay.gov

October 8 - 14 is Fire Prevention Week
www.firepreventionweek.org

November 16 is Great American Smokeout
www.cancer.org