



# Health *capsule*



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## Tanning will get under your skin

Tanned skin is often incorrectly associated with health and beauty. As a result, tanning is still too popular today. Artificial and natural tanning, are not beneficial for the skin, and both actually put people at high risk of diseases such as skin cancer.

The incidence of skin cancer has more than doubled since 1980. More than 77,000 new cases are diagnosed each year in Canada alone! While people like to tan primarily for cosmetic reasons, tanning is not desirable from an aesthetic standpoint, since it causes premature aging of the skin, as well as wrinkles. Tanning does not indicate health, but rather the skin's reaction when it suffers extensive cellular damage.

UVA rays and UVB rays are ultraviolet rays that cause tanning, and they are carcinogenic to humans. Exposure to ultraviolet rays also causes ocular lesions such as cataracts.

### Good advice:

- ☀ Set a good example for youngsters: stay in the shade, use an umbrella, even on the beach, wear a hat, etc.
- ☀ Wear tinted glasses that protect against both UVA and UVB rays.
- ☀ Avoid exposure to the sun between 11 a.m. and 4 p.m., when ultraviolet rays are most intense.
- ☀ If exposure to the sun is unavoidable, it is recommended that you use a sunscreen that has a minimum SPF of 30 and is approved by the Canadian Dermatology Association. Apply sunscreen 30 minutes before sun exposure. Reapply after swimming.
- ☀ In short, do not unnecessarily expose yourself to the sun, and do not opt for artificial tanning. Enjoy the shade of the beautiful trees!



### Myths about artificial tanning

- ☀ Artificial tanning is safer than suntanning. - FALSE!

Although tanning lamps use primarily UVA rays, these lamps may occasionally produce a sufficient quantity of UVB rays to cause burns. Furthermore, UVA rays, which were once incorrectly believed to be less dangerous than UVB rays, are also carcinogenic.

- ☀ Artificial tanning helps prepare skin before going on vacation. - FALSE!

It is important to know that 20 minutes of exposure in a tanning bed may equal to up to two hours spent on the beach under the hot mid-day sun. Artificial tanning bombards the skin with UVA rays three to six times more intense than sunlight. Dermatologists believe that artificial tanning does not really offer effective protection against sunburn during vacation.

(Source: [www.msss.gouv.qc.ca](http://www.msss.gouv.qc.ca))

### Household mould, get rid of it.

When the amount of mould is small and it is removed regularly, the problem is generally not serious. On the other hand, when there is a large amount of mould, it can lead to health problems.

How can you tell if there is mould in the house?

- Visible, often dark-coloured stains on the walls, ceilings or carpets, in cupboards, etc.
- A characteristic musty, earthy or alcoholic odour.
- The appearance of stains, buckling or other signs of water infiltration on walls or ceilings.

How to prevent mould growth?

- Make sure that the house is adequately ventilated by periodically opening the windows.
- Make sure that the air exchanger or other ventilation system is correctly installed and regularly maintained.
- Avoid storing firewood inside.
- Avoid constantly drying laundry inside the house.
- Limit the use of humidifiers.
- Turn on exhaust fans, particularly when bathing, showering, cooking and doing laundry.
- Regularly empty and clean the water tank in your dehumidifier. Use it on hot, humid days and keep it in an appropriate place, like the basement.

(Source : [www.msss.gouv.qc.ca](http://www.msss.gouv.qc.ca))