News

Spring has sprung - time to use caution

By Pasha Carroll SUN REPORTER

Sun worshippers beware. Skin cancer is to sun as lung cancer is to

smoking. According to the American Cancer Society, almost 60,000 people will be diagnosed with skin cancer this year. A major risk factor excessive sun exposure and exposure to a tanning booth.

Don't worry, it's not like you have to hibernate in the summer. You can still enjoy a day at the beach, just cover up, drop the oil and don the sunscreen.

You won't only be avoiding cancer; you will decrease wrinkles and other signs of aging.

For many, the bronzed look is a favorite. Nowadays it is a recognized market. There are products, available at the local

Detection:

Examine all moles and birthmarks, looking for the ABC's of Melanoma detection.

A - Asymmetry B - Border irregularity C – Color variation D – Diameter bigger than a pencil eraser E – Enlargement.

drugstore that will give the glow of the sun without the cancerous rays.

May is skin cancer awareness month in Florida. The Florida Department of Health officials say, "Although skin cancer is the most common of all cancers, it is also one of the most preventable.'

DOH recommends using sunscreen with a Skin Protection Factor of at least 15. For anyone who has ever gone to a Florida

Beach in May, you know that SPF 15 might not stave off burnt skin.

According to the Florida Cancer Data System, more than 3,000 new melanoma cases are reported each year. Florida lags only behind California in the cases of melanoma, which is the most serious skin cancer.

According to the American Cancer Society in 2005 almost 60,000 cases of Melanoma will be sunrelated. It is estimated that almost 8,000 people will die nationally from melanoma this year.

Education for kids

GatorSHADE is a program that educates children on the dangers of the No.1 cancer in the United

> Please see Cancer Page A4

OR OLD



Courtesy photo

According to the American Cancer Society, in 2005 almost 60,000 cases of Melanoma will be sun-related, an estimated 8,000 people from it. Sun is one of the leading causes.

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News

Cancer

Continued from Page A3

States - skin cancer. The program was developed in 1994 to educate

Florida children about havoc the sun can wreak on their delicate skin. The primary founder of the program is Carol Reed Ash, associate director at University of Florida **Shands Cancer Center**

The complete curriculum package is available online at www.gatorshade.ulf.edu and is complete with interactive learning tools for teachers and children.

What skin type are you? (Provided by loreal.com)

- Red hair, very fair skin, always burn, never tans you should always use sunscreen with SPF 40 or more.
- Blond hair, fair skin, often burns, tans lightly you should also always use sunscreen with SPF 40 or more.
- Blond or light brown hair, fair to medium skin, sometimes burns, tans progressively for the first few days in the sun you should use SPF 20 - 40. After you have a tan use SPF 10 - 20.
- Brown hair, olive skin, rarely burns, tans easily for the first few days in the sun you should use SPF 20 40. After you have a tan use SPF 10 – 20.
- Brown to black hair, dark skin, rarely burns and tans deeply for the first few days use SPF 10 20. After you have been exposed use 2 - 10.
- Black hair, very dark skin, never burns, tans deeply even you folks are at risk for skin cancer. L'Oreal recommends using and SPF 2 – 10 while you are in the sun.

Protection:

- Shade is your friend. Remember your beach umbrella or find solace under a tree.
 - Light cotton is good. Wear lightweight clothing to cover up in the sun.
- Hats can help. Your scalp can burn easily, as can the sensitive skin on your face, neck and ears, a hat will keep the suns rays away.
- Slather on the sunscreen. Use at least a SPF 15, but use higher SPF, depending on skin types. Sunscreen needs to be reapplied every two hours or after going for a dip.
- The future is so bright, you got to wear shades. Sun can also cause cataracts, so to keep your future in sight, keep your sunglasses on. This can also help prevent wrinkles around your eyes because you wont be squinting in the glare.
 - Time is of the essence: If you are sensitive to the sun avoid its peak hours, which are 10 a.m. to 3 p.m.
 - Cloudy days create harsh rays. Watch out because even on gloomy days sunburn is a real threat.

Destin woman arrested for methamphetamine

DESTIN On April 22, Walton County Sheriff's Officers arrested Belinda S. Cornette, Destin, for Possession of Methamphetamine with intent to sell/deliver.

Cornette was working as a taxi cab driver for a local cab company, when the taxi van that she was driving was stopped for a

traffic violation. During an investigation, Walton County Sheriff's Officers discovered Methamphetamine, packaged for sale, and narcotic paraphernalia in the vehicle.

Cornette was taken to the Walton County Jail and booked for narcotics violations and issued a traffic citation.

SWFD fire report

The South Walton Fire Department responded to the following calls for the week of May 1 - 7.

12 - Automobile accidents

3 – Miscellaneous

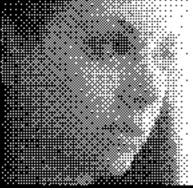
3 – Fire

17 – Fire alarm malfunction

43 – Medical

14 - Non-emergency transfers

This week's safety tip: If you are bathing a young child, maintain constant supervision to prevent accidental drowning or scald burns.



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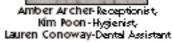
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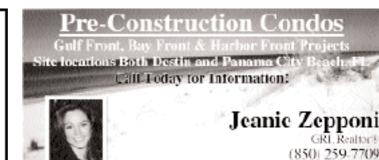


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