

# STALL STREET JOURNAL

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## DARKER SKIN TONES NEED SUN PROTECTION TOO!

Daily use of sunscreen by people with all skin colors is advised by the American Academy of Dermatology, even on overcast days. While a higher concentration of melanin provides some sun protection, it doesn't prevent skin cancer. Because of this false perception, most cases aren't diagnosed until they are more advanced and difficult to treat. Unfortunately, that translates into higher mortality rates. The Skin Cancer Foundation notes that those with dark skin are even more susceptible to the deadliest form of skin cancer, malignant melanoma. Checking your skin for unusual changes is crucial as it can mean that the disease can be spotted earlier. Darker skinned people are most likely to develop skin cancers on the palms of their hands or the soles of their feet. EVERYONE should always wear sunscreen when spending long periods of time in the sun. Be careful!



## THE ABCDE'S OF SKIN CANCER DETECTION

The following system can help differentiate a normal mole from a potentially cancerous one:

**Asymmetry** - the mole is not symmetrical; one half may have a different shape, color or outline than the other

**Border** - the border of the mole is blurred, notched or ragged in appearance

**Color** - there are different shades of color within the mole

**Diameter** - the size of the mole exceeds 6mm (ex: pencil eraser)

**Elevation** - the mole is raised above the surface of the skin

You should check your moles at least once a year for any changes

## SKIN CANCER STATS:

1. Skin cancer is the most common cancer in the United States
2. Over the past three decades, more people have had skin cancer than all other cancers combined
3. 1 in 5 Americans will develop skin cancer in their lifetime
4. From 1970-2009, the incidence of melanoma increased by 800% among young women and 400% among young men

## SUN PROTECTION: CLOTHING

Most people don't realize that regular summer clothing lets through a surprising amount of UV. In fact, the average white cotton tee-shirt offers just UPF 5 protection — a level that dermatologists would find inadequate. For those who detest the messiness of sunscreen, sun protection clothing is now introduced to the market. Though it looks just like a typical long sleeve shirt, good quality sun protection clothing typically covers a maximum amount of skin yet is designed to be cool and comfortable to wear. Sun protective clothing is also very reliable—providing consistent and constant UV protection. It does not fade or wear off during the day. In the long-run it is less expensive than sunscreen as the clothing is bought only once and will last many seasons or until outgrown. Clothing is rated for its level of UV protection according to an Ultraviolet Protection Factor or UPF. This is a similar rating to the SPF used with sunscreen except that it addresses UVA and UVB whereas SPF only refers to UVB. Most dermatologists recommend clothing with a UPF 30 or higher rating. According to American guidelines the highest rating is UPF 50+.

Come to  
Health  
Services for  
**FREE**  
Sunscreen!

**Slip! Slop! Slap! ® and Wrap...Slip** on a shirt, **Slop** on sunscreen, **Slap** on a hat, and **Wrap** on sunglasses to protect your eyes and the sensitive skin around them (American Cancer Society). These four actions could save your life. Join Babson's Colleges Against Cancer in the fight against cancer at Babson's 1st Relay For Life on April 18th from 6-10pm.

[www.relayforlife.org/babsonolin](http://www.relayforlife.org/babsonolin)

## HIT THE GROUND RUNNING THIS SEMESTER...LITERALLY!

This summer a lot of work has been done to spruce up Webster Athletic Center, including the introduction of more equipment and the revamping of some of the older equipment and facilities.

Both the Staake Gymnasium floor and the Farwell tennis courts have been resurfaced; you can use these spaces as long as the varsity teams are not using them! A great way to get involved and make sure you exercise is to join either a club or intramural sports team, which would also allow you to use these spaces. The Morse Swimming Center is also seeing a facelift, with repainted markings. Be sure to check this out during free swim hours!

The Lunder Fitness Center is also seeing some updates. A new set of low weight dumbbells have been added, as well as medicine balls, for those of you looking to build your upper body strength.

Most notably, the benches have been re-padded, which will be a welcome update to seasoned users of the weight room. The fitness center has also seen the addition of a new machine, the "Ab Coaster" which has three ways to work your abs and get you into tip top shape.

New to both the Lunder Fitness Center and the Chandor Dance Studio are Aero mats- ideal for abdominal work outs and stretching. Also new to the dance studio is a music system and flat screen TV. By the track a stretch machine has been added to help you ward off those sore muscles after a good work out.

As the semester gets going, be sure to stay healthy. Not only is physical health important, but going to the gym is a great way to release stress and take a productive break from work.

Have questions about health & wellness? Email [wellness@babson.edu](mailto:wellness@babson.edu)