



# Health *focus*

## Stay Sun Safe



Summer is upon us and as hot as ever! It's the time to enjoy the long summer days, engage in outdoor activities, and go to the beach. This is great because sunshine is good for us! It has been shown to improve mood and just 10 minutes of exposure will help your body to produce adequate amounts of vitamin D.

Too much sun can result in skin damage and/or skin cancer. This is true even if you tan easily or have a dark complexion. All Ultraviolet (UV) rays (invisible rays from the sun) can cause damage to the DNA in your skin cells.

There are two types of UV rays, UVA and UVB. UVA rays are responsible for the long term skin damage that results from sun exposure including deep wrinkles, dry, rough skin, and liver spots. UVB rays are the rays that cause your skin to burn and turn red.

One of the most important and easy things you can do to preserve the health and integrity of your skin is to wear sunscreen. Sunscreens either absorb UV rays before they have a chance to make contact with your skin, or they reflect the rays away. When choosing a sunscreen make

sure it is a broadspectrum sunscreen, meaning it protects against both UVA and UVB rays. Also look in the ingredients list for oxybenzene, mexoryl, zinc oxide, or titanium oxide.

Use a sunscreen with at least SPF 15. SPF, Sun Protection Factor, describes the protection the sunscreen provides from UVB rays. There is currently no standardized ranking system required for measuring UVA rays.

Make sure to put sunscreen on 30 minutes before going out into the sun and then reapply about every 2 hours. You may need to reapply more often if it is humid or if you have been swimming or sweating. Don't forget to put sunscreen on the back of your neck, your ears, face, and hands. And most importantly, put sunscreen on year round. You will come into contact with the sun's UV rays even on cold and/or cloudy days.

What else can you do to keep yourself safe? Wear protective clothing like hats, sunglasses, pants and long sleeved shirts and try to avoid the sun or seek shade between 10 am and 4 pm, when the sun's rays are at their strongest.

## Announcements



- ◆ **Dancing for Fitness** on Tuesday, July 15 from 12:10-1 pm in 234 Hearst Gymnasium. Fit some fun and fitness into your day with a free, drop-in beginner dance class.
- ◆ Don't forget about the **Walking Group!** Doris Rucker won a vintage Heath\*Matters t-shirt at the Walking Group raffle on Monday. The Walking Group meets every MWF at 12:10 pm at the Campanile.

### TRIVIA

#### So You Think You Know About the Bay Area?



**Question:** In what year did rail service begin in San Mateo?

**Answer:** 1863

The railroad connected San Francisco to San Mateo. Building began to spring up near the train station and Downtown San Mateo was born. The railroad allowed many wealthy San Franciscans to move to San Mateo or had summer/weekend estates. The community continued to grow and in 1894 it was incorporated into a town.

If you go to San Mateo now you can visit the arboretum, the Coyote Point Recreation Area, the Bay Meadows horse racing track, or the San Mateo Performing Arts Center, one of the largest theaters on the peninsula.

**Question:** The tallest building in San Francisco, at 853 feet, is the Transamerica Pyramid. What is the tallest building in the world?

Email your answer to: [pmielbeck@uhs.berkeley.edu](mailto:pmielbeck@uhs.berkeley.edu) and get entered into the prize drawing. Good luck!

## Healthy Recipe of the Week

### Asparagus with Sole

Serves 4

#### Ingredients

- 1 pound asparagus
- 1 lb sole fillets (4 pieces approximately the same size)
- ¼ tsp salt
- ½ tsp grated lemon or lime peel
- 4 Tbsp lemon or lime freshly squeezed juice
- 1/8 tsp black pepper
- 1 Tbsp finely chopped chives
- 1 tsp mustard

Cut asparagus into 3 inch lengths. Cook in 2-quart saucepan in lightly salted water

for 5 minutes, drain. Set aside. Season the skin side of the sole fillets with salt and lemon or lime peel. Place asparagus spears at one end of each fillet. Roll up fillets with asparagus spears inside and secure with plain round toothpicks. Place in a 2-quart oven-safe casserole dish liberally sprayed with non-stick cooking spray. In a small bowl combine remaining ingredients and pour over fish. Bake in a 400°F oven for approximately 15-20 minutes or until fish flakes easily. Baste fish every 7 minutes.

#### Nutrition Information

Serving Size: ¼ recipe

#### **Amount per serving**

Calories 130

Calories from Fat 15

Total Fat 2g

Saturated Fat 0g

Cholesterol 55mg

Sodium 270mg

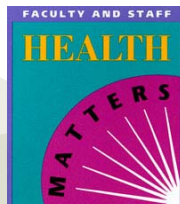
Total Carbohydrate 6g

Dietary Fiber 2g

Sugars 2g

Protein 24g

-Centers for Disease Control  
and Prevention



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