



voLume 1...Issue 4



Bladder Chatter

TRU student health & wellness newsletter

Summertime Safety Stuff



In This Issue...

Is there a safe way to tan?

What are ticks anyways?

Do drinking and boating mix?

What wellness activities are happening
on campus this spring?

Bike to Work/School Week Challenge

The Wellness Centre is sponsoring a Bike to
Work/School Week Challenge.

May 30 to June 5, 2005

Enter a team of 5 or individually with the
Wellness Centre, bike to work or school that
week and enter to win lots of PRIZES!!!

Contact Chelsea at 828-5010 or at ccorsi@tru.ca
to register you or your team by Monday, May 30!



This newsletter is sponsored and
published by the TRU Wellness Centre .

Do you have any questions or
comments? Please contact Chelsea at
828-5010 or ccorsi@tru.ca for more
info.

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Tanning 101

Did you know...

A tan does **not** provide adequate protection against the powerful rays of the sun. *Actually*, having a tan means that your skin is **already damaged** by UV radiation.



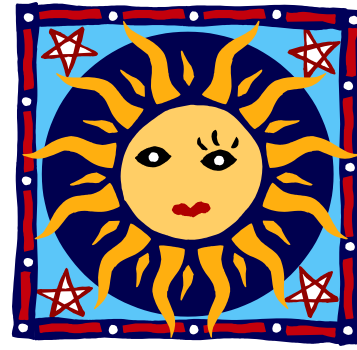
Indoor tanning (using sun lamps or tanning beds) will damage your skin the same way that the UV rays from the sun does.

Damage to the skin can result in dryness, premature aging (wrinkles) and skin cancer.

Also, for women using the birth control pill, exposure to the sun can result in age-spots and skin discoloration to the areas that have been exposed to the sun.

You are probably thinking, but I **like** having a tan..... Well, you are right, a lot of people do like to have a bit of colour, so really the safest way to achieve a “sun-kissed” look is to use sunless tanning creams. You can find these products at most cosmetic counters and large outlets like Wal-Mart and Zellers.

When you are 40 and everyone thinks you are 30, you will thank yourself for minimizing your sun exposure!



Some sun safety tips...

- Year round sun protection is important
- If you can, stay out of the sun from 11am—3pm
- When outdoors wear long-sleeved shirts, pants, a hat and sunglasses.
- If you *have* to go out in the sun *without* protective clothing, use sunscreen liberally. And don't forget to apply it to ears, nose, and neck.
- Dermatologists strongly recommend that if you have to be out in the sun for any length of time (for shopping, running errands, etc) you should use a sunscreen lotion with an SPF (Sun Protection Factor) of 15 or more for UVA protection.



References:

Canada Safety Council: <http://www.safety-council.org/info/sport/et.htm>

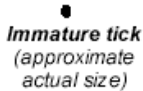
Sun Safety: <http://www.sunsafety.org/>

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What are ticks?



Female
adult tick
(approximate
actual size)



Immature tick
(approximate
actual size)

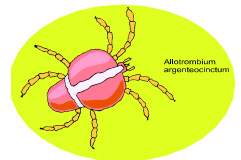


Female adult tick
(approximately
10 times actual size)

- Ticks are tiny insects that feed on blood.
- They live in tall grass and wooded areas.
- Ticks can burrow under a person's skin, bite and suck blood.
- Ticks can pass on diseases such as Lyme Disease, Rocky Mountain Spotted Fever, Q Fever and Ehrlichiosis.
- If you have the following symptoms after being bit by a tick please report them to your doctor: fever, headache, muscle and joints pains, fatigue or muscle weakness of the face, a skin rash that looks like a "bull's-eye" where the bite was or paralysis that gradually takes effect over a few days.

Preventing Tick Bites

- Walk on cleared trails whenever possible
- Wear light coloured clothing
- Tuck your shirt into your pants and your pants into your boots or socks
- Use insect repellent containing 5% Permethrin on clothing and DEET on all exposed areas of skin
- Check clothing and your scalp when leaving an area where ticks might live. Check folds in your skin & have a friend check areas you can't see for yourself. Check ALL OVER YOUR BODY!



Removing a Tick

- If you find a tick remove it immediately using the following method:
 1. Use tweezers or forceps to gently get a hold of the tick as close to the skin as possible. Don't touch the tick with your hands.
 2. Without squeezing the tick, steadily lift it straight off the skin. Avoid jerking it out. Try to make sure that all of the tick is removed.
 3. Once the tick has been removed, clean the bite area with soap and water then disinfect the wound with antiseptic cream. Wash hands with soap and water.
 4. If possible, save the tick in a container with a tight fitting top. If the tick is alive, dampen a small cotton ball and put it into the tick container to keep the tick alive; a live tick is necessary for culturing the spirochete which causes Lyme disease.

For more information about ticks or what to do if you find one on you, your pet or a friend go to the BC Health Files Website at <http://www.bchealthguide.org/healthfiles/index.stm>

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DRINKING AND BOATING



Did you know?

- Did you know it takes only one-third the amount of alcohol to impair a boater on the water as it takes to impair a driver on the highway?
- Being on a boat accelerates alcohol impairment (with the motion, vibration, sun and wind)
- When drinking your perception and judgement deteriorate, which affects your peripheral vision, balance and ability to process information. Physical performance and reaction time are reduced.
- Boating while intoxicated is a crime

Some safe boating tips:

- Wear your life jacket
- Don't overload the boat with people or equipment
- Appoint a designated driver who won't be drinking



Summer Safety Resources

- **Boat Safety:** http://www.cooperators.ca/pdf/english/Boat_Safely.pdf
- **Canada Safety Council:** <http://www.safety-council.org/index.html>
- **Staying Alive:** http://www.stayingalive.ca/summer_safety.html
- **Safe Canada:** <http://www.safecanada.ca>
- **Kamloops Public Health:** 851-7300



Spring Wellness Programs

TRU Yoga
Wednesdays Room 3037
International Building

11am-12pm
1-2pm
4:30-5:30pm
\$5 for students *
\$10 for employees
(Until June 29)

Roots of Rhythm
Wednesdays
Clocktower Theatre

5-6 pm
May 11-June 29
\$25 for students * \$30 for
employees
(Space still available)

Please contact
Chelsea Corsi, TRU
Wellness Coordinator
at 828-5010 or ccorsi@tru.ca for more
information about
current and upcoming
wellness programs.