



The Monthly InSTAllment

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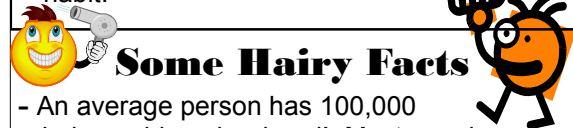


March 2009

Nail Basics



- On average, a healthy nail grows 0.12 inches per month.
- The thumb nail grows the slowest and the middle finger nail the quickest.
- What color are your natural nails? Yellow may indicate a fungus infection; pale, whitish nails could be a sign of anemia (low iron level in the blood).
- Ingrown toenails may be caused by cutting a nail too short or not straight, injury to the toenail, or wearing shoes that are too narrow.
- Nail biting can interfere with normal nail growth and cause deformed nails. Keep your nails trimmed and filed to help break the habit.



Some Hairy Facts

- An average person has 100,000 hairs on his or her head! Most people lose 50-100 hairs per day.
- Hair grows an average of 9 inches per year.
- Hair grows about 10-15% faster during summer months.
- To stay healthy, hair requires a diet rich in protein, iron, omega-3 fatty acids, zinc, and vitamin A. Diets very low in calories often lack these nutrients, causing dull limp hair, stunting hair growth, or causing hair loss.
- Dandruff involves an itchy, flaking scalp—and can be caused by either dry or oily skin, infrequent shampooing, skin disorders, sensitivity to hair products, and hormonal or seasonal changes. Mild dandruff may be controlled by daily cleansing with an anti-dandruff shampoo—but serious cases are best treated by a health professional.



Ick! The average person sheds 1.5 lbs of skin per year.

Healthy Skin: Tips for Women and Men

Diet: A well-balanced diet is the best way to make sure your food intake is skin-friendly. More specifically, healthy skin cells love foods that are rich in Vitamin A (such as low fat dairy products like yogurt and skim milk), antioxidants (think *berries*), essential fatty acids (salmon, walnuts), and the mineral selenium (whole grains, tuna).



Exercise: Working out increases blood flow (and thus healthy nutrients) to the skin, and decreases stress-related hormones which can lead to breakouts. A good sweat helps unclog pores, too, which can help control acne. Just make sure you wash your face soon afterward, and avoid tight sweatbands which can trap sweat and irritate skin.



Alcohol: Alcohol causes the body to lose water, which contributes to dry skin. It also dilates the skin's blood vessels causing a drinker's flushed face. Over time, blood vessels may be permanently damaged, causing the skin to stay red.

Sun: UV radiation from the sun and from indoor tanning damages skin cells, increasing the risk of melanoma (skin cancer). A 2007 study found that tanning bed use before age 35 increased melanoma risk by 75%. Ninety percent of the 1 million skin cancer cases diagnosed each year in the U.S. are due to overexposure to UV rays.



Smoking: Smoking is second only to the sun in causing dry skin and wrinkles, due to nicotine's effect on reducing blood flow and contributing to the breakdown of collagen. Did you know that under a microscope, increased wrinkling is visible on the skin of 20 yr. old smoker?



What's Your Acne IQ?



1. Acne is caused by poor hygiene. T/F
2. Acne is very rare after age 18. T/F
3. The best way to kill a pimple is to squeeze it. T/F
4. Scrubbing your face can make acne worse. T/F

And the answer is..

1. **False.** Acne is caused by sebum, an oily substance produced by the sebaceous glands which causes the pores to attract bacteria and become inflamed. Breakouts can also be caused by hormonal imbalances or sensitivity to medicines or cosmetics.
2. **False.** An estimated 30% of women and 20% of men experience acne after age 20.
3. **False.** Squeezing or popping pimples yourself can lead to infection and permanent scarring.
4. **True.** Excessive scrubbing can make acne worse.

Be nice to your head.



Fight Frizz: Tame dry, broken hair by reducing the frequency of shampooing and using a mild shampoo. Be gentle! The less vigorous you are in shampooing, the less damage you'll do to your hair.

Wearing braids, extensions, and cornrows too tight or for too long a time period can damage hair at the roots. If you feel any discomfort, loosen it up.

Uncontrolled acne can result in reduced self-confidence and feelings of depression. Seek medical advice on treatments from your UHS provider. Gain perspective by talking through your concerns with a UCC therapist.



Celebrate your own personal style. Long or short, curly or straight, smooth or bumpy, oily or dry... your differences make you more interesting.

Guinness World Records



Longest Fingernails

Lee Redmond (USA) has not cut her nails since 1979. As of February 23, 2008, they were 28.5 ft. long.



Longest Hair

The world's longest documented hair belonged to Xie Qiuping (China) at 18' 5" when measured on May 8, 2004.

~Keep the Moisture In~

Shorten Showers: Long, hot, steamy showers are dehydrating— they remove the skin's natural oils faster than warm or cold water showers.

Use Mild Soap: Antibacterial or deodorant soaps can be harsh and drying. Stick to mild, preferably unscented, soaps. Goat's milk soap is super-fatted, and can be effective for an extreme dry skin condition known as eczema.



Moisturize: Moisturize right after you shower to seal in the moisture. Oily skin? You still need to moisturize. Moisturize "from the inside out" by drinking plenty of water.

Get Sharp About Shaving: Reduce razor irritation by using shaving cream, changing razor blades often, and shaving in the direction the hair grows.

Soothe Chapped Lips: Lips do not have oil glands, which causes them to dry out easily.



- Avoid licking your lips.
- Wear a scarf over your mouth while outside in the cold and/or wind.
- Keep room air moist with a humidifier.
- Use lip balm with a minimum of SPF 15.



HPO NEWS FLASH !

Condoms are now available in the vending machines in Susan B. Anthony, Hill Court, and the Residential Quad.

