

Crossword puzzles for better health

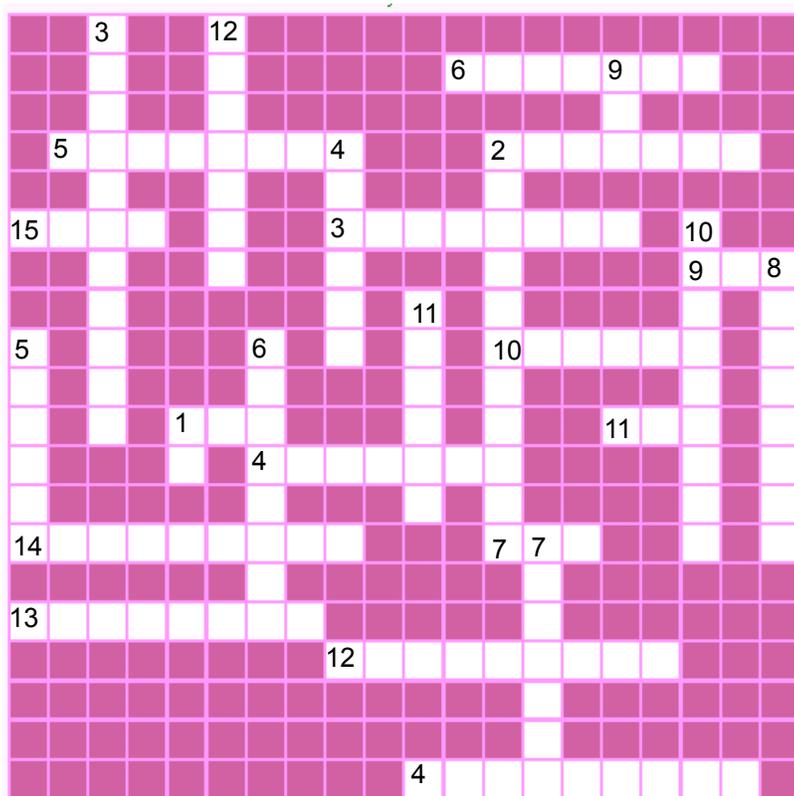


Across

1. There are at least three kinds of UV radiation UVA UVB and _____,
2. Brown pigment in the skin called _____ increases with solar radiation,
3. Sunscreens do not do the same thing as this other protective cream called _____,
4. Inorganic compounds in sunblocks _____ or scatter or absorb the UV,
5. Many sunscreens do not block UVA which is the UV which can cause _____,
6. UVB is the type of radiation which causes _____,
7. The acronym on the sunscreen and sunblock that indicates sun protection factor is _____,
8. Inorganic ingredients such as _____ oxide protect partially against the entire UVA spectrum,
9. 290 to 320 nm is the wavelength band for _____,
10. Sunblock lotion to protect the skin is generally _____,
11. Skin should be protected against UVA UVB UVC and _____,
12. About 35 percent of solar energy is infrared _____,
13. Pigments are _____ by UVA,
14. Pheomelanin (the pigment in _____) offers less UVA protection,
15. Red heads are at increased _____ for melanoma,

Down

1. The purpose of sunscreens and sunblocks is to either absorb or reflect _____,
2. Pigment in skin resides in this cell type called _____ as small granules,
3. Suntan lotion is different than sunscreen and _____ sun exposure,
4. Organic compounds in sunscreen primarily _____ some of the UV,
5. UVA radiation does not cause sunburn but does increase _____ risk,
6. The earth's atmosphere and the angle of the sun _____ the amount of UV exposure in early morning and late afternoon,
7. Even some UVA/UVB products do not sufficiently _____ against UVA damage,
8. The limit that advertisers can claim for _____ UV is 50% in the US to guard against unrealistic claims,
9. 290 to 100 nm is the wavelength band for UVC and 400 to 320 nm is the wavelength band for _____,
10. Pheomelanin and _____ are the two most common skin pigments,
11. The oxidation of pigment in skin produces reactive _____ species,
12. Reducing oxidative stress for skin keeps skin looking _____ and lowers cancer risk,



RESEARCH PARTNERS

Crossword puzzles answers

The issue here is to raise awareness about the chemicals that are purportedly safe to use, even put into packages labeled "Sunscreen for babies" which we would naturally all just presume were safe. But this is not even close to reality.

The jury is out on most products for hair and skin and fragrance and flame retardation and dyes and sizing and treatments that keep articles of clothing looking fresh and new on the hanger or shelf so that consumers are enticed to buy them.

There are natural causes of disease, this is a given, including the life giving sun, and it should be ample indication that not all we touch and feel and desire (e.g., sunshine and a nicely tanned body come without avoidable risk.

Be the first kid on your "block" to "screen" the ingredients in the products you use to protect yourself from the rays of the sun. Learn to draw the line about what chemicals (unnecessary and necessary) you put on your skin, or your children's skin to protect it from the sun. Life, forces us into tradeo-offs, and it is likely that not all harmful agents will be avoided, but look for

