

Cov txaj tanning bed = TSIS ZOO (BAD)

- ◆ Cov txaj fais fab (tanning bed) tso tawm cov txoj sab hnuv UVA ntau dua.
- ◆ Nws tso tawm cov txoj sab hnuv UVA 3 mus rau 8 npaum ntau dua li lub hnuv.
- ◆ Cov txoj sab hnuv UVA muaj zog dua cov UVB thiab yog cov uas yuav ua rau koj daim tawv nqaij laus sai thiab ua rau



koj muaj
mob cancer
rau ntawm
daim tawv
nqaij.

Cov tshuaj thaiv txoj sab hnuv muaj datsi?

Koj cov tshuaj yuav tsum tiv thaiv ob hom txoj sab hnuv UVA thiab UVB huv tibi:

UVA:

- ◆ Oxybenzone
- ◆ Sulisobenzene
- ◆ Avobenzone

UVB:

- ◆ PABA
- ◆ Padimate
- ◆ Salicylates
- ◆ Cinnamates
- ◆ Oxybenzone
- ◆ Sulisobenzene

Tiv Thaiv Ob Hom Txoj Sab Hnuv:

- ◆ Titanium Dioxide
- ◆ Zinc Oxide

03/2009 Yog koj xav tau cov ntawv no, mus saib peb

qhov website: <http://pdcdelta.rso.wisc.edu>

SPF Pes Tau Li Cas

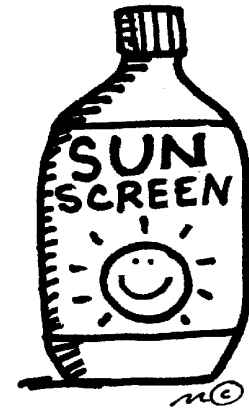
SPF yog qhov uas yuav tiv thaiv koj daim tawv nqaij ntawm lub hnuv



- ◆ SPF yog qhov yuav tiv thaiv koj los ntawm lub hnuv ua ntej koj daim tawv nqaij yuav raug tshav kub hle tawv.
- ◆ Yog tias koj ib txwm nyob tau ntawm lub hnuv li 10 feeb ua ntej uas koj raug tshav kub uas ua rau koj hle tawv, koj yuav nyob tau 150 feeb yog thaum koj pleev cov tshuaj thaiv hnuv uas muaj SPF 15. (10 feeb x SPF 15 = 150 feeb).
- ◆ Cov tshuaj thaiv txoj sab hnuv (sunscreen) yuav tsum muaj SPF siab tshaj li 15.
- ◆ Cov tshuaj thaiv txoj sab hnuv uas muaj SPF siab tshaj 30 yuav tsis pab thaiv cov txoj sab hnuv UVB ntau tshaj cov tshuaj uas tsuas muaj SPF 30.
- ◆ Txawm koj cov tshuaj muaj SPF siab npaum li cas los nws yog ib qho tseem ceeb heev uas koj pleev cov tshuaj tas mus li thaum koj nyob nraum zoov.
- ◆ SPF tsis qhia txog qhov hais tias nws yuav tiv thaiv cov txoj sab hnuv UVA ntau npaum li cas.

Lub Hnuv Thiab Koj

**Koj Yuav Tiv Thaiv Koj
Cev Nqaij Daim Tawv
Li Cas**



**Los Ntawm:
Phi Delta Chi**



*A Professional
Pharmacy Fraternity*

Yuav Ua Rau Koj Daim Tawv Nqaij Puas Li Cas

- ◆ Muaj ob hom txoj sab hnuv uas tsis zoo rau koj: Yog UVA thiab UVB.
- ◆ UVA phom sij tshaj UVB. Ob hom txoj sab hnuv no yuav txem tob tob rau hauv koj daim tawv nqaij thiab ua rau koj daim tawv nqaij ntsws thiab laus.
- ◆ Cov txoj sab hnuv UVB yog cov uas ua rau koj daim tawv nqaij raug tshav kub thiab hle tawv.
- ◆ Cov txoj sab hnuv UVA yeej muaj txhua lub sijhawm txawm hais tias no thiab pos huab. Yog li ntawd, thiaj li tseem ceeb heev uas koj tiv thaiv koj daim tawv nqaij.
- ◆ Ob hom txoj sab hnuv UVA thiab UVB no puav leej tau ua rau tib-neeg muaj cancer.
- ◆ Twb tau kwv yess hias tias tshaj li 60,000 tus neeg yuav tau muaj tus mob melanoma, uas yog ib hom mob cancer rau daim tawv nqaij rau xyoo 2008.
- ◆ Yog nyob ntawm lub hnuv ntev yuav ua rau koj lub qhov muag tsis zoo. Yog li ntawv, tseem ceeb heev uas koj coj daim iav dub tiv thaiv koj lub qhov muag.

Kev Xyuam Xim Ua Ntej Thiab Kev Tiv Thaiiv

Ua Ntej Koj Yuav Tawm Nraum Zoov Koj Yuav Ua Li Cas

- ◆ Koj yuav tsum pleev cov tshuaj thaiv cov txoj sab hnuv UVA thiab UVB 30 feeb ua ntej koj yuav mus nraum zoov.
- ◆ Pleev ib hau diav kasfes (1 teaspoon) rau koj lub ntsej muag.
- ◆ Ob teev twg, koj yuav tsum pleev dua ib zaug. Yog tias koj da dej los yog tawm hws, koj yuav tsum pleev ntau tshaj ntawv. Ua ntej koj yuav pleev, koj daim tawv nqaij yuav tsum qhuav.
- ◆ Cov tshuaj thaiv txoj sab hnuv no yuav ua rau koj daim tawv nqaij nqus DEET. Yog li ntawv, tsis txhob siv tshuaj tua kab lub sjhawm uas koj siv tshuaj thaiv hnuv.
- ◆ Siv tshuaj pleev ntsej muag (moisturizer) uas muaj SPF yog ib qho yuav pab koj tiv thaiv cov txoj sab hnuv txhua hnuv.

Yuav Ua Li Cas Yog Thaum Koj Raug Tshav Kub Hle Tawv?

- ◆ Tsis txhob nyob hauv qhov tshav ntuj.
- ◆ Muab dej txias los npuab li 20 feeb 3-4 zaug tauj ib hnuv.
- ◆ Pleev tshuaj tawg pleb xws li: Nivea, Eucerin, Lubriderm, thiab Vaseline. Yog muab cia rau hauv taubees yuav txias rau qhov chaws uas raug tshav kub hle tawv.
- ◆ Yog tias koj daim tawv nqaij mob, noj cov tshuaj xws li: Acetaminophen, aspirin los yog ibuprofen.

Lwm Yam Ceev Faj

*Cov Tshuaj Uas Yuav Ua Rau Koj Daim Tawv Nqaij Kub Yooj Yim**

- ◆ Antibiotics
- ◆ Chemotherapy drugs
- ◆ Diuretics (“water pills”)
- ◆ Tricyclic Antidepressants (e.g. Amitriptyline, Nortriptyline)
- ◆ NSAIDs (e.g. ibuprofen, Aspirin)
- ◆ Lwm yam tshuaj xws li tshuaj ntsuab



*Yog xav paub ntxiv, hu mus nrog koj tus kws muab tshuaj (pharmacist) tham.