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Staff Photo by Craig Andresen

Four UNL students take advantage of this week's warm temperatures to catch a few rays in front of Selleck Hall.

## Summer tanning sexy, dangerous

by KRIS MULLEN

For some people, a couple of summer afternoon hours at the local swimming pool may mean a chance to work on one's two-and-a-half gainer-with-a-front-twist. But for others, it means the perfect opportunity to work on the perfect tan.

A dark tan — the summertime goal of many — has been called "healthy looking," "glowing," and "sexy" by UNL students.

A tan and summer seem to be synonymous. But doctors warn that the healthy-looking tan today may cause health problems in the future.

Dr. Stuart Westburg, a Lincoln dermatologist, recommends that people spend only a reasonable amount of time in the sun doing their outdoor activities.

"Don't just lay in the sun," Westburg said.

He said that skin type, such as light skin that easily burns, makes a difference in how it is affected by the sun. "But the biggest danger," Westburg said, "is the re-

peated deep tan year after year."

Repeated dark tan, he said, can cause various kinds of skin damage.

He said that the most common types of damage are premature aging, wrinkles and — after 20-30 years of sun exposure — skin cancer.

Actinic keratosis is a skin disease caused by sun damage. It first appears as thickened, rough brown and reddish areas on the skin. It gradually thickens and can turn into scales or warts that must be removed — a process that leaves scars.

Every day, Westburg treats patients who have sun-damaged skin. He said that many of those are people who have to be out in the sun a lot, such as farmers and construction workers.

Westburg recommends sun screening lotions for protection. The lotions, he said, have Sun Protective Factors (SPF) ranging from two to 16. The higher the SPF number, the more it protects the skin from the sun's rays.

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