

Health and Fitness

An Advertising Feature of the Economist & Sun and The Tribune

Sun tanning causes premature aging

(NC) Did you know that photo-damaged or sun-damaged skin accounts for more than 90 per cent of the skin's cosmetic problems, like wrinkling, dark patches, uneven pigmentation, roughness or dryness, broken blood vessels and

thinning or thickening. Photoaging or photodamage is now considered a significant cosmetic problem that will only increase as the North American population continues to grey.

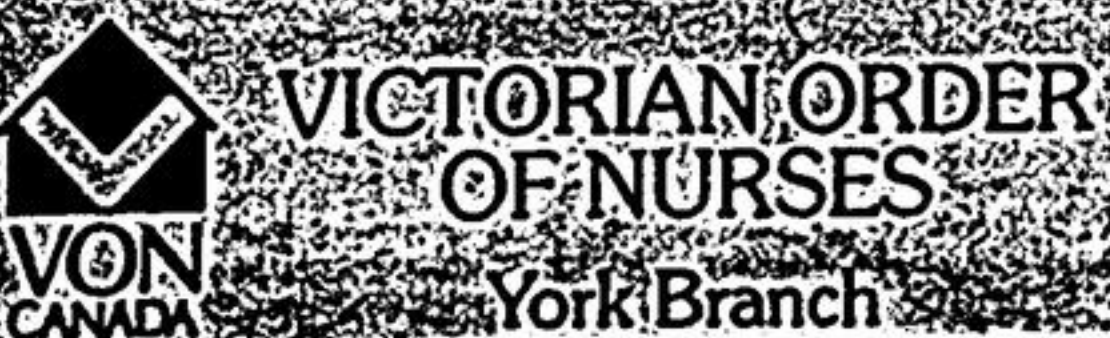
- Less pigmented skin or lighter skin is more prone to photodamage (wrinkling)
- All races can have photodamaged skin
- Sun-damaged skin is a common warning signal that skin cancer may develop.
- While photodamage is among the most common skin problems, it is important not to self-diagnose or treat any condition without speaking to a physician first.

ANNOUNCEMENT



Lynn Hoath, President of the Victorian Order of Nurses, York Branch, is pleased to announce the appointment of Kim Lenahan, BScOT, MHS(HA) to the position of Chief Executive Officer/Executive Director. Ms. Lenahan brings to VON almost 20 years of leadership experience in a variety of settings including a community agency, a community hospital, a provincial psychiatric facility and a quaternary care teaching hospital.

The Victorian Order of Nurses, York Branch, is a not-for-profit organization providing in-home nursing, home support services and community health programs.



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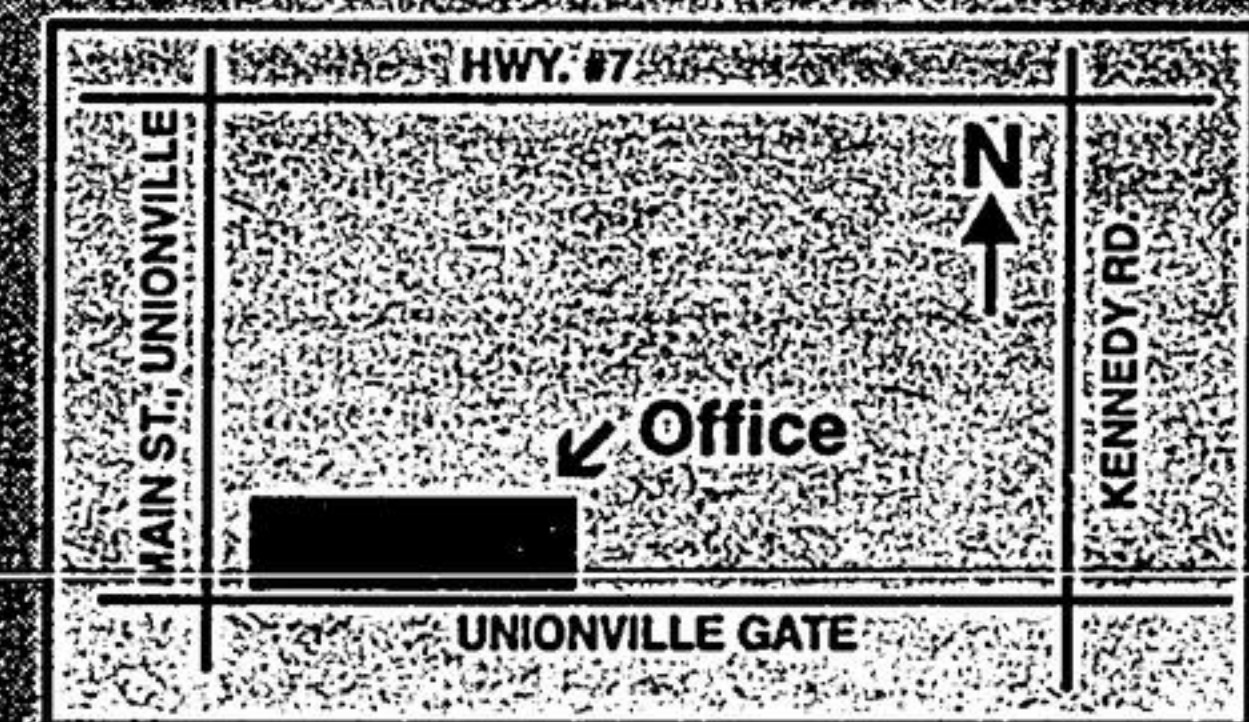
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