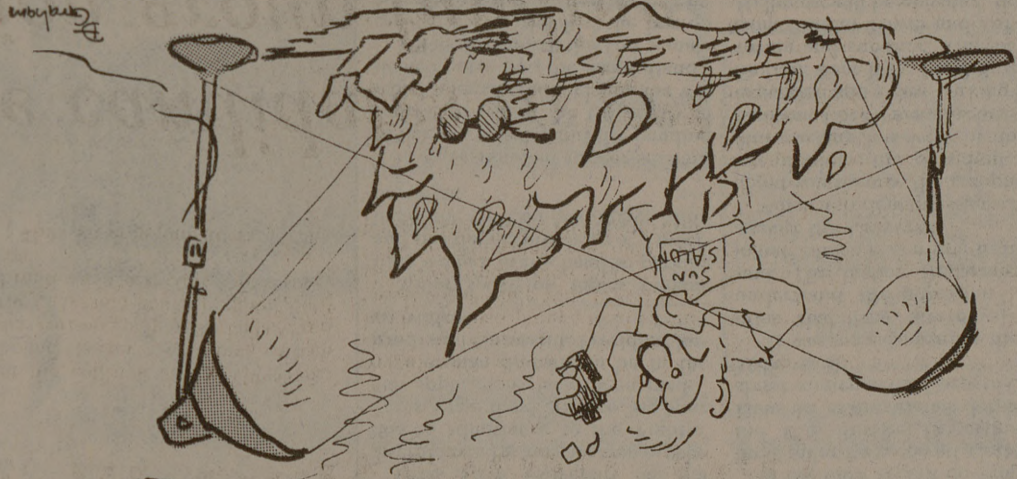


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health Sunlamp-tanning poses health hazard, warns FDA



Dr. John Epstein, chairman of the American Academy of Dermatology, said his committee on photobiology, also warned of skin damage from the sun, including sun-induced basal and squamous-cell cancer.

The professor at the University of California-San Francisco Medical Center said his committee and the Food and Drug Administration are

working on a sun-tanning booklet for consumers. The FDA expects to be out in a few weeks.

Epstein also warned of medicine-making persons extra sensitive to sun. They include diuretics or other pills taken by millions of high blood pressure sufferers, estrogen-containing oral contraceptives, anti-diabetic pills, and some heart spectrum antibiotics.

The FDA has asked operators of the tanning-salons to post the warning sign on sun-tanning booths.

"Danger — ultraviolet radiation follows instructions, as well as natural sunlight overexposure, cause eye injury and sunburn. Eye-irradiation may cause permanent damage to the retina and cornea.

"Medications or cosmetics applied to the skin may increase your sensitivity to ultraviolet light. Consult your physician before using the medicine you are taking any medication. You are taking any medication and you believe yourself sensitive to light."

NEW YORK — Doctors should be aware of "the dangerous sunlamp-tanning craze" — a sizzling fad promising a year-round sun tan, the mark of affluence, to patrons of tanning salons, a medical journal warns.

"Tanning salons may soon be as common as fried-chicken outlets, but... can pose a real hazard to health," Dorsey W. Woodson, editor of "Medical World News" wrote in the editorial entitled "The Dangerous Sunlamp-Tanning Craze," Woodson urged doctors to be aware of the new tanning craze and discourage it loudly.

Nearly 1,000 salons are in operation nationwide. Each has about 10 booths lined with sunlamps. Customers generally sign up for a set number of sessions and expose themselves to the ultraviolet radiation from the lamps.

Franchises have been sold in all parts of the country, even the Southwest. "Tanning is really nothing but the skin's reaction to injury from ultraviolet radiation," Woodson said.

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laboratory at National Jewish Hospital said his research showed loud snoring could indicate a person was suffering from "sleep apnea."

The sleeping disorder, characterized by irregular breathing and unexplained apneas, lapses up to a minute long, can disrupt restful sleep with potential catastrophic consequences, he said.

The two estimate as many as 100,000 Americans, 95 percent men, suffer from severe sleep apnea.

Hudgel said physicians need to become more aware of a patient's sleep history, so they could detect and treat disorders such as snoring.

He said additional research is necessary to determine why men are susceptible to apnea than women.

Snoring may wake wife, cause impotence

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