



Wellness Matters



SUMMIT ESC's WELLNESS PROGRAM

Energize, Socialize, Come Alive!

May 2020

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May Focus- Skin Cancer Awareness

Fast Facts About Skin Cancer

- Skin cancer is the most common cancer in the United States, and includes different types.
- Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes.
- Even if it's cool and cloudy, you still need protection. UV rays, not the temperature, do the damage.

- Anyone can get skin cancer, but some things put you at higher risk.
- The most common signs of skin cancer are changes on your skin, such as a new growth, a sore that doesn't heal, or a change in a mole.

Use the ABCDE Rule to Spot Skin Cancer

Skin cancer is by far the most common type of cancer. If you know what to look for, you can spot warning signs of skin cancer early. Finding it early, when it's small and has not spread, makes skin cancer much easier to treat.

Some doctors and other health care professionals include skin exams as part of routine health check-ups. Many doctors also recommend that you check your own skin about once a month. Look at your skin in a well-lit room in front of a full-length mirror. Use a hand-held mirror to look at areas that are hard to see.

Asymmetry: One part of a mole or birthmark doesn't match the other.

Border: The edges are irregular, ragged, notched, or blurred.

Color: The color is not the same all over and may include shades of brown or black, sometimes with patches of pink, red, white, or blue.

Diameter: The spot is larger than $\frac{1}{4}$ inch across – about the size of a pencil eraser – although melanomas can sometimes be smaller than this.

Evolving: The mole is changing in size, shape, or color

Click [here](#) to take the skin cancer quiz.

(Adapted from cancer.org)

Truth about Indoor Tanning

- Ultraviolet (UV) radiation is a proven human carcinogen
- Indoor tanning devices can emit UV radiation in amounts 10 to 15 times higher than the sun at its peak intensity
- More people develop skin cancer because of indoor tanning than develop lung cancer because of smoking
- The cost of direct medical care for skin cancer cases attributable to indoor tanning is \$343.1 million annually in the U.S
- People who first use a tanning bed before age 35 increase their risk for melanoma by 75 percent
- The CDC recommends avoiding indoor tanning

(Adapted from skincancer.org)

Prevention Tips

- Seek shade, especially from late morning through mid-afternoon
- Wear clothing that covers your arms and legs and a hat with a wide brim that shades your face, head, ears, and neck
- Wear sunglasses that wrap around and block both UVA and UVB rays
- Put on sunscreen with broad spectrum (UVA and UVB) protection and sun protection factor (SPF) 15 or higher
- Avoid tanning beds and sunlamps. The UV rays from them are as dangerous as the UV rays from the sun

(Adapted from CDC.gov)

Skin-Healthy Recipes

- [Blueberry & Walnut Smoothie](#)
- [Quinoa Breakfast Cereal with Berries](#)
- [Pumpkin Pie Baked Oatmeal](#)
- [Kale Salad with Meyer Lemon Vinaigrette](#)
- [Sesame Tuna Salad](#)
- [Lemon Herb Salmon](#)
- [Turkey Burgers With Mango and Avocado Salsa](#)
- [Almond Crusted Chicken with Cherry Balsamic Sauce](#)
- [Roasted Red Pepper & Tomato Soup](#)
- [Apple Candy Wedges](#)
- [Mocha Ice Pops](#)

