



# WELL NEWS

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## Protect Your Skin from the Sun



### The Basics

The best way to prevent skin cancer is to protect your skin from the sun. Stay in the shade as much as possible between 10 a.m. and 4 p.m. Use sunscreen with SPF 15 or higher. Cover up with long sleeves, a hat, and sunglasses.

### Why do I need to protect my skin from the sun?

Protecting your skin from the sun today may help prevent skin cancer later in life. Most skin cancer appears after age 50, but skin damage from the sun can start during childhood.

Staying out of the sun and using sunscreen may also help prevent:

- Wrinkles
- Blotches or spots on your skin
- Other damage caused by the sun

### What is skin cancer?

Skin cancer is the most common kind of cancer in the United States.

There are three major types of skin cancer:

- Basal cell carcinoma
- Squamous cell carcinoma
- Melanoma

Basal cell carcinoma and squamous cell carcinoma are the two most common kinds of skin cancer. They are both also called **non-melanoma** skin cancer. The most dangerous kind of skin cancer is called **melanoma**. Skin cancer can almost always be cured when it's found and treated early. That's why it's a good idea to check your skin every month for new growths and other signs of cancer. Tell your doctor or nurse right away if you find a change.

### What causes skin cancer?

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. Anyone can get skin cancer.

*The risk is highest for people with:*

- White or light-colored skin with freckles
- Blond or red hair
- Blue or green eyes

You are at higher risk for the most dangerous type of skin cancer (melanoma) if you have:

- Unusual moles
  - A large number of moles
  - A family history of melanoma
- Get more information about things that could increase your risk for skin cancer. Talk with your doctor or nurse.

### Take Action!

Take simple steps to help prevent skin cancer.

### Stay in the shade between 10 a.m. and 4 p.m.

The sun's rays are the strongest from mid-morning to late afternoon. Try to stay out of the sun during these hours.

### Use sunscreen with SPF 15 or higher.

Use sunscreen with both UVA and UVB protection. To get the most protection:

- Wear sunscreen even on cloudy days. UV rays can still harm your skin through the clouds.
- Plan ahead – put sunscreen on 30 minutes before you go outside.
- Be sure to use enough sunscreen (a handful). Don't forget to apply it to your lips, ears, hands, feet, and back of the neck.
- If you wear very light clothing, put sunscreen on under your clothes.
- Put on more sunscreen every few hours and after you swim or sweat.

### Cover up with long sleeves, a hat, and sunglasses.

Wear a long-sleeved shirt and long pants or a long skirt. A hat with a wide brim can help protect your face and neck.

The skin around your eyes is very sensitive. Wear wrap-around sunglasses to help protect your eyes and your skin from sun damage.

### Check your skin once every month.

Check your whole body once a month. Pick a day and mark it on your calendar so you don't forget.

*Personalized Care*

Source: <http://www.healthfinders.gov>

# Swim Safely: Quick Tips

Swimming is a great way for the whole family to get active. Follow these tips to stay safe in and near the water.

## Swim safely

- Take swim lessons if you don't know how to swim. Sign your kids up for lessons as soon as they are old enough.
- Swim near a lifeguard and never swim alone.
- Don't drink alcohol if you are swimming or watching children.
- Use floating toys like water wings and noodles for fun – not for safety. Don't use them in place of life jackets.
- Watch out for rip currents. A rip current is when the water pulls you away from shore. If you get caught in a rip current, swim along the shoreline until you are out of the current, then swim to shore.



## Watch children carefully

Make sure at least one adult is watching when children are near or in the water.

- Don't read or use the phone while you are watching young children.
- Watch all children in the water, even if they know how to swim.
- If you have a pool, install 4-sided fencing that's at least 4 feet high and separates the pool from the house or yard. Use self-closing and self-latching gates that open outward and are out of reach of children.

## Check water and weather conditions before going swimming

- Don't swim in lakes, rivers, or the ocean after heavy rain. Water is more likely to be polluted after a rain storm.
- Check for signs or warnings about bacteria or other pollution in the water.
- Get out of the water right away if you hear thunder or see lightning. Strong winds can also be dangerous.

Source: [www.healthfinders.gov](http://www.healthfinders.gov)

## Raspberry, avocado, watercress, mango salad



### Ingredients

- 1 1/2 cups fresh raspberries, divided
- 1/4 cup extra-virgin olive oil
- 1/4 cup red-wine vinegar
- 1 small clove garlic, coarsely chopped
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground pepper
- 8 cups chopped watercress (2 bunches trimmed of thick stems)
- 1 ripe mango, diced
- 1 small ripe avocado, diced
- 1/2 cup thinly sliced red onion
- 1/4 cup toasted chopped hazelnuts, or sliced almonds, optional

### Preparation

1. Puree 1/2 cup raspberries, oil, vinegar, garlic, salt and pepper in a blender until combined.
2. Combine watercress, mango, avocado and onion in a large bowl. Pour the dressing on top and gently toss to coat. Divide the salad among 5 salad plates. Top each with the remaining raspberries and sprinkle with nuts, if using.

Source:

[www.watercress.com/recipe.asp](http://www.watercress.com/recipe.asp)

## Healthy Family Activities

Be sure to check out this month's healthy family activities in your community at:

<http://search.active.com/?tab=events>

