

# your HEALTHUPDATE



**ONE IN FIVE AMERICANS  
WILL DEVELOP SKIN  
CANCER IN THEIR  
LIFETIME.**

**DID YOU  
KNOW?**

But the good news is there is a near 100 percent cure rate when the disease is detected in its earliest stages.



★ **SUMMER** ★  
IS COMING



## If you can spot it you can stop it!

A monthly self-exam of your skin could save your life.

### What to look for:

- A skin growth that increases in size and appears pearly, translucent, tan, brown, black or multi-colored.
- A spot or sore that continues to itch, hurt, crust, scab, erode, or bleed.
- An open sore that does not heal within three weeks.
- A mole, birthmark, beauty mark, or any brown spot that:
  - Changes color.
  - Increases in size or thickness.
  - Changes in texture.
  - Is irregular in outline
  - Is bigger than 6mm or 1/4", the size of a pencil eraser.
  - Appears after age 21.

If you notice any of the above warning signs, make an appointment to see a physician, preferably a dermatologist who specializes in treating conditions that affect the skin.



**More people develop skin cancer because of tanning than develop lung cancer because of smoking.**

## Fun in the sun.

Summer is a great time to enjoy outdoor activities. Protect yourself and those around you to ensure a fun-filled, safe summer. Here are a few tips to keep in mind:



### WEAR SUNSCREEN

Apply a broad-spectrum sunscreen with an SPF 15 or higher (for kids, SPF 30 or higher) about 30 minutes before you go outside and re-apply every two hours.



### STAY HYDRATED

Drinking water is one of the most important ways to beat the heat. Feeling thirsty is actually a sign of dehydration. If you wait to drink water until after you're thirsty, you are already dehydrated.



### STAY IN THE SHADE

If you are outside during the sun's peak hours - between 10 a.m. and 4 p.m. - try to stay in the shade. Limit your sun exposure by wearing protective clothing such as long sleeves, pants, and a wide-brimmed hat.



### PROTECT YOUR EYES

UV damage can lead to cataracts, skin cancer around your eyelids, and other eye disorders. Protect your eyes by wearing sunglasses that block 99-100 percent of both UV-A and UV-B rays. Don't be fooled by cloudy days. The sun's rays can pass through clouds and haze.