

WELLNESS WORKS



May is finally here! The sun is shining and summer is right around the corner. Since May is skin cancer awareness month, we are dedicating this newsletter to preventing and educating about skin cancer. Hopefully you will learn some good tips for preventing skin cancer this spring and summer and will be well versed in spotting potential warning signs.

May 2019

Brought to you by HClactive

Good News, Bad News

The bad news is the skin cancer is the most common type of cancer in the US with an estimated 1 out of every 5 people likely to develop it at some point in their life. But the good news is that it is one of the most preventable types of cancer and when caught early it is very treatable!

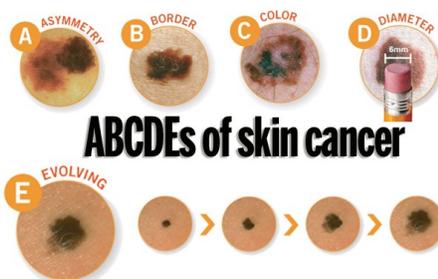
What is Skin Cancer?

The epidermis (aka the outer layer of skin) is the largest organ in the body. It is made up of three different kinds of cells that result in 3 different types of cancers. The three main categories of skin cancer are basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma. In general, cancer begins when cells in the body start to multiply and grow uncontrollably. These cells eventually form a mass, commonly known as a tumor. It is important to note that tumors are only cancerous if they start invading other important tissues in the body and taking their nutrients and oxygen needed to function.

BCC and SCC are usually grouped together and known as non-melanoma skin cancers. These types are much more common than melanoma and though still should be taken seriously, are less aggressive cancers than melanoma. Melanoma is particularly dangerous because it can rapidly spread to other parts of the body including the lymph nodes, which can be life threatening.

Learn your ABCDE's and Catch it Early!

One of the best ways to stay safe is to do regular self examinations every one to three months. Follow the American



American Academy of Dermatology & The Columbian

Academy of Dermatology's ABCDEs of skin cancer to check yourself.¹

Asymmetry: do both sides look the same?

Border: the border is not clearly defined, irregular or jagged

Color: there are multiple shades and colors like tan, brown, or black and can vary from one to another. They can even sometimes be red, white or blue

Diameter: lesions are usually larger than 6mm (about the size of a pencil eraser) but they can be smaller, especially if in the early stages

Evolving: A mole or skin lesion that is changing shape, size or color

In general, if you start to notice a spot on your skin that looks different from the others, has changed, itches, or bleeds make an appointment with your doctor or dermatologist.

Risk Factors

Although skin cancer can affect anyone, but some people are at a higher risk. Here are some risk factors:

- Fair skin colors
- Skin that burns quickly
- Light colored eyes (like green & blue)
- Light colored hair (like blonde & red)
- Family history or previous skin cancer diagnosis
- Having greater than 50 moles

Preventing Skin Cancer

Prevention is always the best medicine!

With skin cancer being one of the most preventable types of cancer, there are so many reasons to take prevention seriously. Here are some great ways to protect yourself!

Sunscreen. Make sure to put on SPF 30 or higher sunscreen everyday and remember to reapply every couple of hours if you are getting wet or sweating. Especially make sure to put it on your face even in the winter to prevent early wrinkles.

Don't Burn. Try to avoid intentionally burning or heavily tanning.

No Tanning Beds: In some studies, people who used tanning beds before 35 can increase the risk of developing melanoma by 59% with the risk increasing further after every session. Even just one single use can increase the risk of all types of skin cancer each by over 20%.²

Shade. If you are outside during a sunny day try to find shade between 10am-4pm when the sun's rays are the strongest. Umbrellas and trees are great places to find some shade!

Cover up: Wear clothing to cover exposed skin, UV sunglasses, and even a hat.

Visit your Dermatologist. Make sure to visit your dermatologist at least once a year for a professional check up.



By the Numbers

In 2012, there were over **3.3 million** cases of nonmelanoma skin cancer treated in the US.

Skin cancer is the **most commonly diagnosed** cancer with more people diagnosed than all other types of cancers combined.

20% of the people in the US will get skin cancer before they reach 70 years old.

The total cost of skin cancer treatment is about **\$8.1 billion** in the US.

From 1994-2014, nonmelanoma skin cancer diagnosis has increased by **77%**.

With over **4 million** diagnosed cases of BCC each year, it is the most common type of skin cancer.

In the US, the survival rate for patients diagnosed with melanoma is **92%**, with patients who were diagnosed early increasing the survival rate to **98%**!

Wearing SPF 30 or higher sunscreen every day can decrease the risk of melanoma by **50%**.³

Healthy Glowing Skin

Do you want to have healthy skin? Here are some good tips and tricks, beyond preventing skin cancer, to help achieve that glow!

- Drink lots of water to stay hydrated.
- Reduce stress whenever possible.
- Make sure you are in environments with good air quality. Dry indoor air can dehydrate your skin and try to stay away from smoky environments.
- If you have acne reduce or eliminate dairy from your diet.
- Always wash off any makeup before going to bed.
- Not all cleansers are alike, so make sure the cleanser you use is right for your skin. This can be especially important if you have dry skin.
- Get enough sleep so that your body can repair any skin (and lots of other organ) damage that may have occurred during the day.



5 Foods to Block Skin Cancer

Many dermatologists now believe that eating a diet high in antioxidants can help to reduce the risk of getting skin cancer. It is particularly important to try to get nutrients in actual foods, rather than in supplements because they are more effective and high doses of some vitamins can actually be toxic.

Vitamins C, E, A, since, selenium, beta carotene, omega-3 fatty acids, and polyphenols are some antioxidants that can help to reduce the risk of developing skin cancer⁴ and at the very least eating them is good for your general health.

Let's get to it and eat your sunscreen!

1. Citrus & Strawberries: These are high in Vitamin C. Some dark leafy greens like spinach, cabbage, broccoli and brussels sprouts are also good sources.

2. Nuts: Almonds and other nuts and seeds like sunflower seeds contain Vitamin E which can absorb UV light.

3. Orange Foods: Orange fruits and vegetables like carrots, sweet potatoes, and mangoes all contain beta carotene. This helps by changing into Vitamin A when in the body.

4. Fish: Salmon, sardines, herring, and tuna all have omega-3 fatty acids which block COX-2, a chemical that aids in skin cancer development.

5. Green Tea: Green tea has been linked to preventing skin cancer because of its polyphenols. This type of chemical not only is anti-inflammatory and tumor preventing, but it also can even help to fix skin that has UV damage.

Get Out and Exercise

This is just your monthly reminder to get out and exercise! The Department of Health and Human Services recommends that most people should get at least 150 minutes of moderate exercise every week. That's less than 22 minutes a day!

May's Challenge

Beginner Levels

Make it a goal to get 5k steps every day for the next 30 days. Every step towards your health counts!

Advanced Levels

Make it a goal to get 10k steps every day for the next 30 days. This will get you to the recommended 22 active minutes/day.

Try printing out an exercise log like [this one](#) to track your progress!

The contents of this newsletter are for informational purposes only and not intended as a substitute for professional medical advice. Remember to always consult with a health professional if you a question about a medical condition, have an illness, or want to change your diet or exercise regime. If you have a medical emergency, call you doctor or 911 immediately.