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Fresno County Wellness

July 2016

Skin Cancer and Summer Health



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Employee Benefits - Wellness Phone: 600-1810 Email: wellness@co.fresno.ca.us <u>Wellness Resources Webpage</u>				Now in season: corn, summer squash, peaches, strawberries, and all kinds of healthy summer treats. The farmers market is calling your name.	1	2
3	4  <i>Independence Day</i>	5	6 Weight Watchers @ Work 12-1pm Plaza Bldg 21st Floor Training Rm	7	8 <div> VIDEO: <u>BEACH SAFETY:</u> <u>RIP TIDES</u> </div>	9
10	11  <u>CAMPING AND</u> <u>OUTDOOR SAFETY</u>	12	13 Weight Watchers @ Work 12-1pm Plaza Bldg 21st Floor Training Rm	14	15	16 Make wearing sunscreen a habit. Apply at least SPF 30 every day, even if it's cloudy. Your skin will thank you when it's older.
17	18  <u>TREATING</u> <u>SUNBURN</u>	19	20 Weight Watchers @ Work 12-1pm Plaza Bldg 21st Floor Training Rm	21	22  <u>STAY HYDRATED</u>	23
24	25  <u>PICNIC & BBQ</u> <u>FOOD SAFETY</u>	26	27 Weight Watchers @ Work 12-1pm Plaza Bldg 21st Floor Training Rm	28	29	30 The healthy fat in avocados absorbs the antioxidants in tomatoes. Guacamole, anyone?
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Skin Cancer and Summer Health

Message from Dr. Ken Bird, Health Officer



For many of us the approach of summer signals increased opportunities for healthful physical activity outdoors. However, these great opportunities come with some degree of risk to our health and safety, and require awareness on our part to avoid possibly serious consequences.

These risks primarily include [drowning](#), other accidents, [heat injury](#), and skin cancer, but [water-borne illnesses](#) and [foodborne illnesses](#) are more common during the summer months also. Knowing your risks and how to reduce them is extremely important. I encourage each of you to learn more about these seasonal risks.

While most of these risks can be obvious and acutely life-threatening, the risk of skin cancer is distant and less well appreciated.

Skin cancer refers to any type of cancer that begins in the cells of the skin, usually in the outer layer known as the epidermis. Over the last three decades more people have had skin cancer than all other cancers combined. One in every five Americans will develop skin cancer during their life, and as many as 8,500 of us are diagnosed with it each day. The annual cost of treating skin cancer in the U.S. is estimated to be \$8.1 billion.

The primary risk for skin cancer is exposure to ultraviolet (UV) light, either from the sun or tanning beds, and this is true regardless of skin tone. Other risks include age, weakened immune system, large number of moles, male gender, fair skin, family history, past severe sunburns, long-term skin inflammation, certain inherited conditions, smoking, certain chemical exposures, Human Papilloma Virus (HPV), and certain radiation treatments.

The most common types of skin cancer are basal cell carcinoma (BCC), squamous cell carcinoma (SCC), and melanoma. There are several other types that occur much less frequently.

Basal cell carcinoma is the most frequently diagnosed skin cancer with more than 2 million new cases annually. It develops in the lowest part of the epidermis and is most frequently found on the sun-exposed areas of the head and neck. While BCC rarely metastasizes, it can grow wide and deep, destroying skin tissue and bone, and can metastasize if left untreated. It most commonly appears as smooth, waxy bumps or flat, flesh colored or brown scar-like lesions.

The second most common skin cancer is squamous cell carcinoma. More than 700,000 cases are diagnosed each year. It develops in the outermost layer of the epidermis, and it, too, is most often found on the sun-exposed areas of the face and neck and the backs of the hands. SCC rarely metastasizes, but can invade fatty tissue beneath the skin and spread further. SCC appears as rough red bumps or reddish, scaly patches.

While melanoma is significantly less common than either BCC or SCC, it commonly metastasizes, and is much more dangerous. Melanoma arises from the melanocytes, or pigment producing cells, in the skin, as well as the eyes and mucous membranes. It is one of only three cancers with increasing mortality rates in men. There is one death from melanoma in this country every hour. One in 33 men and one in 52 women will develop melanoma. It is the fifth most common cancer in men, and 7th most common in women. Worse, melanoma rates doubled from 1982 to 2011.

What can you do to protect yourself from these cancers?

- ◆ First, and foremost avoid UV light exposure as much as possible.
 - ◇ Try not to be out in the sunlight from 10 a.m. to 2 p.m.
 - ◇ Use sunscreen whenever you are out. (Apply at least 30 SPF 30 minutes before exposure and every 2 hours during exposure as well as after each time swimming. Remember clouds aren't protective.)
 - ◇ Use sunglasses whenever you are out.
 - ◇ Avoid tanning beds.
 - ◇ Be aware of sun-sensitizing medications.

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- ◇ Regularly examine your skin for signs of cancer such as:
 - Unusual skin growth, bump, or sore that doesn't heal or go away
 - Changes in size, shape, or color of moles ([look for the A,B,C,D, and E's](#))
 - ⇒ Asymmetry
 - ⇒ Border
 - ⇒ Color
 - ⇒ Diameter
 - ⇒ Evolving
- ◇ When examining your skin be sure to examine hidden areas and areas not exposed to sunlight such as:
 - Between toes
 - Underneath nails
 - Palms and soles
 - Genitals
 - Eyes

Dr. Bird



Have a great summer, but remember to be vigilant in protecting your health.

Learning Resources

When it comes to health and wellness, sometimes we want to do better, but we don't know where to start. To learn more about skin cancer and summer health review the July wellness calendar for links to helpful articles and health tools. A special thanks to the [Department of Public Health](#) staff for their collaboration in providing wellness content.

County of Fresno Safety Week: July 18-22, 2016

[Click here to learn more.](#)

Wellness Recipe: Luscious Avocado Strawberry Salad



This Recipe Serves 4

Ingredients

- 1 ripe avocado, preferably Hass variety, peeled, pitted and cut into chunks
- Juice of 1 lemon or lime
- 1 heaping cup strawberries, hulled and cut into 1/2-inch-thick slices
- 1 Tbsp. extra virgin olive oil, walnut oil, or hazelnut oil
- 2 Tbsp. raspberry vinegar
- 2 tsp. honey
- Salt, to taste
- Freshly ground black pepper, to taste
- 2 cups bite-sized pieces arugula or watercress
- 2 Tbsp. toasted pine nuts

Instructions

1. Combine avocado with lemon juice in a nonreactive large bowl.
2. Add berries, oil, vinegar, honey, salt and pepper and combine well.
3. Serve over a bed of arugula or watercress on each side of the four plates.
4. Garnish with pine nuts.

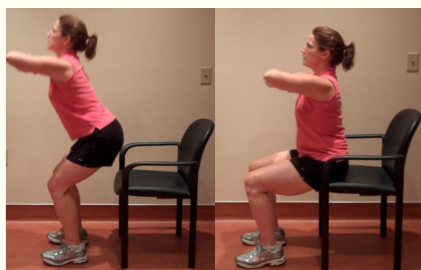
For more recipes like this one visit: diabetes.org/recipes



Strength Exercises on the Go

Don't have time to make it to the gym? These strength building exercises utilize your own body weight as resistance. You should consult your physician before starting any exercise program.

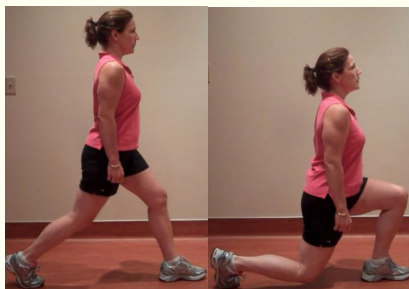
Chair Squat



Start sitting at the very edge of a hard chair or bench with your feet hip width apart and your toes just in front of your knees.

Cross your arms in front of your chest; then raise your elbows to point forward so that your upper arms are parallel to the floor. Stabilize your core (by closing the pelvic floor and tightening the lower abs); then press through your heels to stand up. Do not lock your knees out when you reach the top. Leading with your tailbone, sit back down just until your bottom touches the chair, and stand right back up. Repeat 10 - 20 times.

Standing Lunges



Start with your feet together; then take a large step forward with one foot. Your rear foot should be on its toes. Stand with nice

upright posture, and place your hands on your hip. Now, slowly lower your rear knee straight down

to the floor until your front knee is at 90 degrees. (Your knee should not pass your toes.) Press up to return to the starting position being sure to maintain your upright posture. Do 10 - 20 repetitions. Repeat with the opposite foot in front. To add resistance you can hold dumbbells at your sides.

Calf Raises



like a counter top or the back of a sturdy chair.

Start with your feet flat on the floor. Raise yourself up onto your toes, pause, and slowly lower yourself back to the starting position. Repeat. Do 10 - 20 repetitions. Hint: if you are having trouble balancing, hold on to something sturdy

Tricep Dips



chair. Place your hands under your thighs with your hands pointing forward and your fingers curled over the edge. With your feet, take a step forward while supporting your body with your arms and legs. Your knees should be bent at 90 degrees and your feet flat on the floor. Your bottom should be in front of the chair and just off it, and your upper body should be perpendicular to the floor. This is the starting position. Lower

Use any firm, sturdy edge approximately two feet above the floor (e.g. chair, park bench). Start by sitting on the

your bottom by bending your elbows while keeping your upper body vertical and not arching or bending. Relax your legs so that they are not doing the work but are there to help if you need them. Continue to lower yourself until your elbows are bent 90 degrees. Now, use your arms to push up to the starting position. Be sure that you do not lock your elbows at the top of the movement. Repeat. Do as many as you can up to 20 repetitions.

Alternating Superman (Back)



Keeping your hips and chest in contact with the floor at all times,

raise your left arm and right leg, squeeze for a second, lower and repeat up to 20 times. Repeat exercise lifting your right arm and left leg. Note: This is a small movement, and beginners often can lift their limbs only an inch or two until they develop more strength.

Front Planks (Core)



Start by lying face down. Place your elbows and forearms under your chest. Using

your toes and forearms, prop yourself up to form a bridge. Maintain a flat back, and do not allow your bottom to stick up into the air or your back to sag. Hold this position for 10 seconds to start, and gradually increase the length of the hold. Keep your abs tight. Rest and repeat. Do 3 - 5 times.

Courtesy of women.smokefree.gov