

Compliments of your
Faith Community Nurse
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Health Blessings

Head to Toe Areas Prone to Skin Cancer (Melanoma)

Scalp: Hair does not protect from sun, especially as we get older and hair thins.

Face: Wrinkles and dark spots are from previous sun damage. Noses, tops of ears and lips are vulnerable.

Eyes: Reflections from water and snow cause sun damage that can cause cataracts, and major vision loss as we age.

Hands: Back of hands get exposure every day through light coming in car windows.

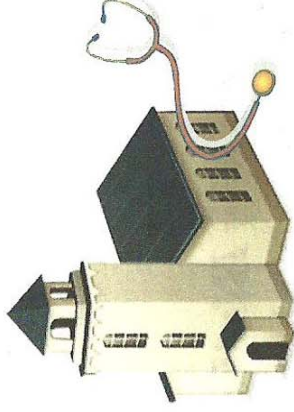
Back: Especially in men- shirtless days on the beach and in backyard.

Legs & Feet: We think tan legs and feet look better with fashions, sandals and going barefoot.

Warning Signs of Melanoma

- Changes in the surface of a mole.
- Scaliness, oozing, bleeding, or the appearance of a new bump.
- Spread of pigment from the border of a mole into surrounding skin.
- Change in sensation, including itchiness, tenderness, or pain.

MIND, BODY AND SPIRIT



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Don't Forget to Cover Up

“What does a man get for all the toil and anxious striving with which he labors under the SUN?”

Ecclesiastics 2:22.

According to the American Cancer Society, 1.3 million new cases of Basal or Squamous-cell skin cancers (the highly curable forms) and nearly 50,000 cases of the most serious melanoma cancers are diagnosed each year. Some people are more at risk for skin cancer, such as those with family history, skin lighter in color or burns easily, light hair or eyes, moles or take medication that causes increased sun sensitivity.

Did you know? One severe sun-burn as a child or adolescent can double the risk of developing skin cancer. On cloudy days, 80% of the sun rays can penetrate the clouds, so precautions against sunburn should be taken. Reflective surfaces such as sand, snow, concrete and water can reflect up to 85% of the sun's damaging rays.

cancers to prevent because nearly all cases are related to excessive sun exposure. About 90% of 700,000 skin cancers diagnosed could have been prevented by limiting sun exposure.

To minimize risk, stay out of sun during the time when rays are strongest (10:00-3:00). If you need to be out, limit your time, cover up and use sunscreen. In selecting sunscreen, consider the SPF (sun protection factor):

If you always burn, use SPF of 10-15
If you usually burn, use SPF of 6-12
If you sometimes burn, use SPF of 4-6.
In addition to natural sunlight, sun lamps, tanning beds and tanning lotions/pills should be avoided. The American Society recommends assessing your skin once a month and reporting to your doctor any suspicious changes. The most important factor in treatment is **EARLY DETECTION!**

Keep Your Brain Sharp with Hot Chocolate!

Researchers at Harvard Medical School studied 60 people (average age of 73) who did not have dementia, and found that a daily dose of chocolate may help mature adults keep their brains sharp! Half of the participants drank 2 cups of hot chocolate that was rich in antioxidant flavone each day for 30 days. The other half drank 2 cups of hot chocolate that was a poor source of flavone each day. The participants were then given memory and thinking skills test and measured the amount of blood flow to the brain. The results were similar. Those who had impaired blood flow at the beginning of the study had an 8% improvement in blood flow after 30 days as well as improved scores of their working memory.



Equals



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4TH
JULY

Happy Birthday America !!

“Only our individual faith in freedom can keep us free.”

Dwight D. Eisenhower

Moses and the Burning Bush

Help Moses fight the burning bush

