



## Living Well

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### May is Melanoma/Skin Cancer Detection and Prevention Month

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths or sunlamps. The most dangerous kind of skin cancer is called melanoma. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

Take simple steps today to protect your skin:

- Stay out of the sun as much as possible between 10am and 4pm
- Use sunscreen with SPF 15 or higher. Put on sunscreen every 2 hours after you swim or sweat.
- Cover up with long sleeves and a hat.
- Check your skin once a month for changes.

#### How to Check Your Skin for Skin Cancer

To detect skin cancer early, examine your skin all over your body and watch for changes over time. By checking your skin regularly, you'll learn what is normal for you. The best time to check your skin is after a shower or bath. Use a full-length mirror and a hand-held mirror in a room with plenty of light. If you find anything unusual, see your doctor.

Check yourself from head to toe:

- Look at your face, neck, ears and scalp. You may want to use a comb or a blow dryer to move your hair so that you can see better. You also may want to have a relative or friend check through your hair. It may be hard to check you scalp by yourself.
- Look at the front and back of your body in the mirror. Then, raise your arms and look at your left and right sides.
- Bend your elbows. Look carefully at your fingernails, palms, forearms (including the undersides), and upper arms.
- Check the back, front and sides of your legs. Also check the skin all over your buttocks and genital area.
- Sit and closely examine your feet, including your toenails, the soles of your feet, and the spaces between your toes.

Learn where your moles are and their usual look and feel. Check for anything new, such as...

- A new mole (that looks different from your other moles)
- A new red or darker color flaky patch that may be a little raised
- A change in the size, shape, color, or feel of a mole
- A sore that doesn't heal
- A new flesh-colored firm bump



## What to Eat (and Avoid) When You Have the Stomach Flu

Wellness Wednesday-  
Kathy Hurst

If you've been hit by the stomach flu (called viral gastroenteritis and an entirely different beast from the common flu, or influenza), you probably won't feel like eating or drinking much.

Certainly you know it's not the best idea to toss back a plate of chili-cheese nachos. But here, [Michael Rabovsky, MD](#), Chairman of the [Department of Family Medicine](#), sorts out a few less obvious do's and don'ts to get you through a nasty bout of the stomach flu.

### WHAT TO EAT (AND AVOID) WHEN YOU HAVE THE STOMACH FLU

Struggling to keep anything down ----- or otherwise in?

Here's a quick guide to good and not –so-good choices until you're back on your feet again.

#### DO:

##### **DRINK PLENTY OF CLEAR LIQUIDS:**

(water, clear soda, herbal tea, broth or over the counter electrolytes replacements) to avoid dehydration. Severe dehydration could mean a trip to the hospital to receive IV fluids.

#### DON'T

**YOU SHOULDN'T DRINK YOUR DAILY COFFEE:** (or caffeinated soda) for a few days, until you recover. Caffeine contracts your intestines, which can make diarrhea worse. Also avoid alcohol, which acts as a diuretic and can aggravate your stomach.

#### DO:

**COMPLEX CARBOHYDRATES:** such as potatoes and whole grains (think: rice toast) are your best choices to help replace nutrients. If these are well tolerated add lean meats (think: chicken, fish).

#### DON'T

**MANY FOODS ARE HARD TO DIGEST:** when you have the stomach flu, steer clear of fatty, greasy, spicy and salty foods. Dairy and tomato based dishes are also tough on a sick stomach.

#### REMEMBER:

- Never force yourself to eat if you don't feel like it.
- Suck on ice chips if you can't keep anything else down.
- See your physician if you haven't been able to keep liquids down for 24 hours, show signs of dehydration, vomit blood, have bloody diarrhea or have a fever above 102 F.



## Bad Housekeeping Can Bring Unthinkable Consequences

Safety- Randy Boltz

Some people can't stand a mess, while others leave an evidence trail of poor housekeeping everywhere they go. But in the workplace, bad housekeeping can have consequences that go far beyond creating an image of a sloppily run, unprofessional operation.

### What's the Danger?

Poor housekeeping causes a wide range of injuries and fatalities, ranging from painful slips, trips and falls, to workers being unable to evacuate burning buildings because of blocked fire exits, to dust explosions that can claim multiple lives in an instant.

### Example:

The lead singer and guitarist of a popular band was participating in a game show in Japan when he fell head-first from a slippery and wet stage to the floor below. He suffered severe brain injuries and died several days later.

And dust explosions, many of which are linked to poor housekeeping, have claimed more than 100 workers' lives and injured about 600 others across the US since the early 1980s, according to the US Chemical Safety and Hazard Investigation Board.

### How to Protect Yourself :

The possibilities for injury or death in a cluttered workplace are many. Workers can slip on spilled material that hasn't been cleaned up, trip over debris on a floor, hurt themselves while walking past heavy or sharp objects that are protruding from shelves or be struck by unsecured items that shift and fall from racking.

As a worker, there's plenty you can do to keep yourself and your co-workers safe. While it can be annoying to see someone create a mess such as a spill and walk away from it, ignoring that mess yourself is wrong because it puts everyone in danger.



## Challenge

During the month of May, we challenge all adults to get 30 minutes of physical activity every day. Take a walk at night after dinner as a family to jump start your activity.





## 2017 National ASTHMA & ALLERGY Awareness Month

Respiratory Health- Rod Galvin

There is no cure for asthma and allergies, and many deaths are preventable with proper treatment and care. Ten people a day die from asthma. Asthma affects more than 24.5 million Americans. More than 6 million children under the age of 18 suffer from asthma. More than 50 million Americans have all types of allergies – pollen, skin, latex and more. The rate of allergies is climbing.

### Importance of Physical Activity

Physical activity provides long-term health benefits for everyone! By being active, you will burn calories that you store from eating throughout the day and it can be as easy walking the dog or as rigorous as running a marathon. Providing opportunities for children to be active early on puts them on a path to better physical and mental health. It's never too late to jumpstart a healthy lifestyle

#### Physical Activity & Obesity

Physical activity, along with proper nutrition, is beneficial to people of all ages, backgrounds, and abilities. And it is important that everyone gets active: over the last 20 years, there's been a significant increase in obesity in the United States. About one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents (aged 2-19 years) are obese.

#### The health implications of obesity in America are startling:

- If things remain as they are today, one-third of all children born in the year 2000 or later may suffer from diabetes at some point in their lives, while many others are likely to face chronic health problems such as heart disease, high blood pressure, cancer, diabetes, and asthma
- Studies indicate that overweight youth may never achieve a healthy weight, and up to 70% of obese teens may become obese adults
- Even more worrisome, the cumulative effect could be that children born in the year 2000 or later may not outlive their parents.

The impact of obesity doesn't end there. Obesity has personal financial and national economic implications as well. Those who are obese have medical costs that are \$1,429 more than those of normal weight on average (roughly 42% higher).<sup>5</sup> And annual direct costs of childhood obesity are \$14.3 billion.

By incorporating physical activity into your daily life—30 minutes for adults and 60 minutes for children—as well as healthy eating, you will experience positive health benefits and be on the path for a better future.

### The Impact of Physical Activity on Your Health

**Regular physical activity can produce long-term health benefits. It can help:**

- Prevent chronic diseases such as heart disease, cancer, and stroke (the three leading health-related causes of death)
- Control weight
- Make your muscles stronger
- Reduce fat
- Promote strong bone, muscle, and joint development
- Condition heart and lungs
- Build overall strength and endurance
- Improve sleep
- Decrease potential of becoming depressed
- Increase your energy and self-esteem
- Relieve stress
- Increase your chances of living longer

#### When you are not physically active, you are more at risk for:

- High blood pressure
- High blood cholesterol
- Stroke
- Type 2 diabetes
- Heart disease
- Cancer

