



monthly newsletter

Skin Cancer Awareness

Over the last few decades, the prevalence of skin cancer has risen dramatically. To date, skin cancer is the most common type of cancer, accounting for over 2 million cases each year in the United States alone. According to the American Cancer Society, skin cancer cases are greater than prostate, breast, lung, colon, uterus, ovaries, and pancreas cancer **combined**. It is estimated that almost half of all Americans who live to the age of 65 will develop skin cancer at least once in their lives – numbers that are bound only to rise as skin cancer is showing up more and more, and in younger and younger individuals.

The incidence of skin cancer in our society is alarming. However, there is good news. If caught in the early stages, skin cancer can have a 90-99% survival rate (depending on the localization of the cancer). Yet, the longer skin cancer goes untreated, the lower the survival rate and the higher the risk of cancer spreading to other areas of the body. *The key to overcoming skin cancer is awareness of your skin's appearance and early detection of the signs and symptoms that may signal skin cancer.*

Check your skin regularly for any of the following signs and symptoms of skin cancer:

- Changes in skin – such as the presence of a new mole or growth, or change in the size and/or color of a mole or other growth or spot
- Change in the appearance of a mole, lesion or bump – including bleeding, oozing, crusting, scaliness, raising or thickening of a mole, or other change in appearance
- Changes in surrounding skin – such as redness, swelling or new small patches of color around a mole, spot or lesion, or spreading pigmentation beyond the borders or edges of a mole or spot
- Changes in sensation, such as itchiness, tenderness, tingling or pain
- Changes in consistency of a mole or spot – such as softening, or small pieces that fray or break

There are 2 main types of skin cancer; melanoma skin cancer and non-melanoma skin cancers (including basal cell carcinoma and squamous cell carcinoma).

Melanoma skin cancer: Melanoma skin cancer is the least prevalent of all skin cancers, but is the most dangerous, accounting for 75% of all skin cancer deaths. Those most at risk of developing this type of cancer include those with:

- Fair complexion (although darker-complexioned individuals *can* be affected)
- Light colored hair and eyes
- A large number of moles on the body (over 50 moles)
- Many freckles
- An inability to tan easily
- Sun exposure
- An immunosuppressive disorder
- Family history of melanoma

Specific signs and symptoms related to melanoma skin cancer include:

- Changes in the size, shape, color and/or presence of a mole
- Oozing or bleeding from a mole
- A mole that feels itchy, hard, lumpy, swollen, or tender to the touch



Melanoma moles or spots are often brown or black in color. For men, melanoma typically occurs along the trunk of the body (between the shoulders and hips) or on the head or neck. Women are typically affected first on the arms or legs. Wherever melanoma occurs originally, it can quickly spread through the body via the lymph system or blood. For this reason early detection and diagnosis is crucial.

Skin Cancer cont.

Basal and Squamous Cell Carcinomas: Together, basal cell carcinoma and squamous cell carcinoma account for over 90% of all skin cancers, but if found and treated in a timely manner, both have about a 95% cure rate. Although basal cell carcinoma does not typically spread to other parts of the body, if not caught early enough, it can penetrate below the skin to the bone, causing significant damage. Squamous cell carcinoma, on the other hand, is more aggressive than basal cell carcinoma and can spread to other parts of the body if not caught in time. Those most at risk of developing these types of cancer include those with:

- Fair complexions (typically occurs in Caucasians)
- Light colored hair and eyes
- An inability to tan easily



Specific signs and symptoms related to basal and squamous cell carcinoma skin cancers: Basal cell carcinoma typically presents as small, fleshy bumps or nodules on the head, neck, arms, hands, and/or face. Squamous cell carcinoma typically presents as nodules, or as red, scaly patches of skin on the rim of the ear, face, lips and/or mouth.

Be informed about the signs and symptom of the different kinds of skin cancer and stay aware of any changes to your skin. Skin cancer may be the most common form of cancer in our society, but if found in a timely manner, it is also the most treatable.



Trampolines and Hula-Hoops: Not just for kids anymore!



Want a new workout that's bound to keep you coming back for more? Once thought of simply as children's toys, two relatively new exercise options that are gaining popularity in the adult world include the use of hula-hoops and trampolines. These unique workout options can provide a refreshing change from your normal exercise routine, while burning calories fast and improving strength, toning and coordination – particularly in the core and lower body. And because both can be a lot of fun, they can provide a great workout without actually feeling like work! Try it for yourself and bring out the inner kid in you!

Hula-Hoops: An adult, or weighted hula-hoop can provide excellent core strengthening and tightening, as well as a cardiovascular workout. In addition to these fitness staples, weighted hula-hoops can; increase cardiovascular fitness, increase blood flow to the brain, increase energy level, improve coordination and enhance spinal flexibility.

Weighted hula-hoops are usually larger than children's hula-hoops, ranging from 35-40 inches or more in diameter, and are typically weighted (around 2-3 lbs), thus providing greater cardiovascular and stomach-whittling potential. And because of their size and weight, weighted hula-hoops rotate slower than children's versions, making them much easier to use. If you haven't used a hula-hoop since you were a kid, it may take some getting used to, but you should start to get the hang of it after the first couple of attempts. Once you do, you'll never want to go back to doing regular sit-ups again!

Trampoline/Mini Trampoline/Rebounder: Jumping on a trampoline is terrific exercise, and in recent years, has become much more prevalent as a form of exercise for adults. Trampoline jumping offers a great workout for all fitness levels and can provide the same cardiovascular conditioning and weight loss capabilities that running or jumping rope would offer – but without the heavy pounding on your joints. Interestingly, using a trampoline can also aid in lymphatic drainage. Jumping for just 5 minutes a day can improve circulation and help your lymph system drain – flushing out excess toxins, waste, and edema build-up in the system. Not to mention, jumping on a trampoline also requires balance and proprioception, which forces your muscles (specifically your lower body and core muscles) to work by maintaining balance and stability while on the trampoline. And let's not leave out the fact that jumping on a trampoline can simply be a fun change of pace that doesn't feel like exercise at all!

If you already own a full-size trampoline for your kids, you have all the equipment you need. If not, a mini trampoline, also called a rebounder, can be purchased for a relatively low price (\$30 - \$50) at most department or sporting goods stores. It's a great investment, sure to keep you excited about working out! Not sure how to begin? Start with a warm-up by gently bouncing without your feet losing contact with the trampoline. Then try a few of the following exercises:

Trampolines and Hula-Hoops cont.

Moderate to vigorous jump: Center yourself in the middle of the trampoline with both feet together and begin jumping. Feet should leave the trampoline as you jump.

One-legged jump: Center yourself in the middle of the trampoline and shift your weight to one leg (the weight-bearing leg should be in the center of the trampoline). Slowly begin bouncing on one leg for 1-2 minute(s), then switch sides.

One-legged tap: Center yourself in the middle of the trampoline and shift your weight to one leg (the weight-bearing leg should be in the center of the trampoline). Begin bouncing lightly. Tap the foot of your non-weight bearing leg out in front of you and to the opposite side of your body as you continue bouncing. Do this 15 times, then switch to the other leg.

Side-to-Side: Center yourself in the middle of the trampoline with both feet together. Jump to the right with both feet, then jump back to the center of the trampoline. Jump to the left, then back again to the center. Continue this side-to-side cycle.

Jog-Bounce: Center yourself in the middle of the trampoline and begin jogging in place, just as you would without a trampoline. Jog in place for 1 minute, then bounce 5 times on one leg, followed by 5 bounces on the other leg. Return to a jog for 1 minute and continue this jog-bounce cycle. Finish with a steady jog.

High Knees: Begin a light bounce. Slowly shift your weight to one leg and raise your opposite knee as high as you can. Continue bouncing and alternate sides. Repeat this sequence for 1 minute.

Bounce N' Twist: Center yourself in the middle of the trampoline with both feet together and begin bouncing. As you bounce, twist your upper body from side to side. Continue for 1-2 minute(s).

Jumping Jacks: Center yourself in the middle of the trampoline and begin bouncing. As you bounce, start performing jumping jacks. Perform 10 jumping jacks then return to a steady bounce for 1 minute. Repeat jumping jacks sequence 2 more times.

Meal Time!

Pulled Chicken Sandwich

Ingredients:

- 3 tablespoons ketchup
- 1 tablespoon cider vinegar
- 1 tablespoon prepared mustard
- 1 tablespoon molasses
- 3/4 teaspoon chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground black pepper
- 1/8 teaspoon ground ginger
- 12 ounces skinless, boneless chicken thighs, cut into 2-inch pieces
- 4 (2-ounce) sandwich rolls, cut in half
- 12 dill pickle chips



Nutrition Facts Per Serving: (1 sandwich)

Calories: 294
 Fat: 6.5 g (1.5g saturated fat)
 Protein: 22 g
 Carbohydrate: 35.5 g
 Fiber: 1.8 g
 Cholesterol: 71 mg
 Iron: 3 mg
 Sodium: 698 mg

Makes: 4 sandwiches

Prep Time: 5-10 mins.

Cook Time: 30 mins.

Combine first 9 ingredients in a medium saucepan; bring to a boil. Reduce heat to medium-low; cover and cook, stirring occasionally, 23 minutes or until chicken is done and tender. Remove from heat; shred with 2 forks to measure 2 cups meat. Place 1/2 cup chicken on bottom half of each roll. Top each with 3 pickles and top half of roll.