



JULY 2014

Summer Fun, Summer Sun PROTECT YOUR SKIN

The summer months bring lots of fun in the sun. From picnics to pool time, summer is best enjoyed outdoors. However, protecting your skin during the summer is vitally important. Sun exposure causes wrinkles, freckles and age spots, and is the number one cause of skin cancer.

Each year, more than 2.2 million people in the United States are diagnosed with skin cancer – more than all other cancers combined.¹ Melanoma is the deadliest form, and its incidence is rising faster than any other cancer.

However, surviving even the deadliest type of skin cancer is possible. In fact, there's a 99% 5-year survival rate when the disease is found in its earliest stages.² One of the best ways to ensure early detection is with a skin cancer self-exam. By checking your skin every month for irregularities that might be early cancer, and bringing those changes to your doctor's attention, you can play a key role in protecting your skin – and your life.



**Early detection
plays a key role
in saving your life**

What should I look for?

You should have a doctor check any spot or marking on your skin that is new, or one that changes in size, shape, feel or color. You should also be aware of any unusual sore, lump, or blemish, or any change in how skin looks and feels – particularly any crusting, oozing or bleeding, as well as itching, tenderness or pain.



Normal moles are even in color (black, brown or tan), and they can be flat or raised, round or oval. An abnormal mole is one that is irregularly shaped, has a jagged – not-smooth – border and a mosaic-like color with a mixture of red, white and/or blue (called the "flag sign").

1. American Cancer Society website, www.cancer.org, 2014.

2. Ibid.



How do I conduct a skin cancer self-exam?

Each month, you should give yourself a skin cancer self-exam by following these five simple steps:³

- 1 Take off your clothes and stand facing a full-length mirror. Check your chest, shoulders, and arms, as well as under each arm, and look down the fronts of the thighs and calves.
- 2 Bend your elbows and examine your forearms and the backs and palms of your hands.
- 3 Use a hand mirror to check the backs of your legs and the bottom of your feet. Also, be sure to check between your toes.
- 4 Still using the hand mirror, check the back of your neck. Part your hair – and if necessary, use a blow dryer to move it around – and check not only your scalp, but the area around and behind each ear.
- 5 Finally, use the hand mirror to examine your buttocks and lower back.

How can I protect my skin from the sun?

Prevention is the best medication. Protecting your skin from the sun will prevent damage and will sometimes allow the skin to repair itself. Follow these tips to help prevent sun-related skin problems:⁴

- Apply sunscreen with a sun protection factor (SPF) of 30 or greater at least 30 minutes before sun exposure and then at least every 2 hours thereafter, more if you are sweating or swimming.
- Select cosmetic products and contact lenses that offer UV protection.
- Wear sunglasses with total UV protection.
- Wear wide-brimmed hats, long-sleeved shirts and pants.
- Avoid direct sun exposure as much as possible during peak UV radiation hours between 10 a.m. and 2 p.m.
- Perform skin self-exams regularly to become familiar with existing growths, and to notice any changes or new growths.
- Eighty percent of a person's lifetime sun exposure is acquired before age 18. As a parent, be a good role model and foster skin cancer prevention habits in your child.
- Avoid tanning beds.

3. WebMD website, www.webmd.com, "The Skin Cancer Self-Exam," 2012.

4. American Academy of Dermatology website, www.aad.org, 2014.

**Complete
your
health risk
assessment
today.**

Part of a healthy lifestyle includes assessing your current health and analyzing potential risks. SAMBA offers you the opportunity to do this by completing a health risk assessment (HRA).

This simple online tool asks questions about your lifestyle – exercise, diet, smoking, alcohol use and medical data – such as weight, height, blood pressure and cholesterol, as well as questions about your attitude toward making health changes. The tool then assesses your health status and estimates your level of health risk. The HRA provides individualized feedback, giving you specific recommendations to promote health and prevent disease.

This free and easy tool also comes with an incentive for participation. For completing your HRA, SAMBA members qualify for **(a \$25 CVS Pharmacy Select Gift Card – limited to two per family)**.

To complete your HRA and improve your health, visit **(www.SambaPlans.com)**.



Healthy Recipe

Very Blueberry Smoothie⁵

Servings: 2 Serving Size: 1 cup



Blueberries are rich in antioxidants, fiber and high in vitamin C. Antioxidants can protect your skin from the inside out by guarding your cells from damage. And Vitamin C encourages skin cell and tissue growth. Whip up this delicious smoothie and your skin will thank you!

Ingredients

- ¾ cup blueberries – fresh or frozen
- 1 cup crushed ice
- 6 oz. nonfat blueberry yogurt

Directions

Put all ingredients in a blender and blend until smooth.

Recipe Nutritional Information

Calories	80.5
Fat	0.0 g
Protein	3.4 g
Carbohydrates	16.2 g
Fiber	3.0 g

5. Recipe courtesy of skinnytaste.com: www.skinnytaste.com/2010/04/very-blueberry-smoothie.html.