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This Month: July is UV and Sun Safety Month

July 2011

Dear ,

It's your friend, Barry Cohn at RGEB here.



Who & Where We Are

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July is "UV Safety Month". Please watch the video above for some information and tips about health insurance and summer safety that may come in handy! I've also enclosed some facts and useful articles about skin care, skin cancer, sun safety, a skin self-exam, and more.

UV and Sun Safety Month

You probably didn't wake up this morning thinking about what a great protector your skin really is. But this amazing organ does a lot of work shielding us from harmful invaders every day. And it needs our protection too.




July is Skin Cancer Awareness

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For more information about UV Safety Month, click [here](#).

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Month. And while you are probably spending more time outdoors, it's a good habit to shield your skin with sunscreen, hats and other protective clothing to guard against this growing form of cancer. See the attached information for more details on how you can protect your skin.

Skin Cancer

Skin cancer is the most common form of cancer in the United States, but it is also one of the most preventable. Since more than 90 percent of all skin cancers are caused by sun exposure, taking simple steps to protect yourself can significantly reduce your risk.

You are more likely to develop skin cancer if you have:

- 1) Suffered serious sunburns early in life.
- 2) Used tanning beds.
- 3) Had any type of skin cancer before.
- 4) Weakened your immune system due to excessive unprotected exposure to the sun, chemotherapy, organ transplant, lymphoma or HIV/ AIDS.

Read more [here](#)

For a complete list, click [here](#) to go to our website

Skin Self Examination:

Self-examination can alert you to changes in your skin and aid in the early detection of skin cancer. Follow the steps to do a self-examination of your skin [here](#).

What's Your Sun Safety IQ?

Sun safety is not just for vacation. Are you sun-safe every day? Take the American Cancer Society's 9-question quiz and find out [here](#).

[Read more here.](#)

The ABCDEs of Melanoma

Melanoma is the most serious form of skin cancer, but it is nearly always curable if it is caught early. Know the difference between a normal, harmless mole and one that could be cancerous by evaluating growths for these five traits:

1) Asymmetry. The two halves of the mole do not match if you were to draw a line through it.



2) Border. An early melanoma often has uneven edges.

3) Color. A growth that is more than one color should prompt a visit to your doctor for further evaluation.

4) Diameter. A melanoma is usually larger than the size of a pencil eraser, although they can be smaller when first detected.

5) Evolving. Any change in size, shape or color, or any new symptom such as



or color, or any new symptom such as bleeding, itching or crusting, is a sign that you should make a call to your doctor.

Protect Yourself

The best way to prevent skin cancer is to avoid the sun. Try to stay inside or in the shade between 10 a.m. and 4 p.m., when ultraviolet rays are the strongest and most damaging. Wear sunscreen that offers ultraviolet A (UVA) and ultraviolet B (UVB) protection, with a sun protective factor (SPF) of 15 or higher every time you go outside. Be sure to reapply sunscreen at least every two hours and whenever you have perspired heavily, gone swimming or dried off with a towel – even if your sunscreen is waterproof. And wear protective clothing, including a wide-brimmed hat and wraparound sunglasses that block as close to 100 percent of UVA and UVB rays as possible.

Cancer In General

Half of all men and one-third of all women in the US will develop cancer during their lifetimes. Today, millions of people are living with cancer or have had cancer. The risk of



have had cancer. The risk of developing most types of cancer can be reduced by changes in a person's lifestyle, for example, by quitting smoking, limiting time in the sun, being physically active, and eating a better diet. The sooner a cancer is found and treated, the better the chances are for living for many years. No matter where a cancer may spread, it is always named for the place where it started. For example, breast cancer that has spread to the liver is still called breast cancer, not liver cancer. Likewise, prostate cancer that has spread to the bone is metastatic prostate cancer, not bone cancer. Different types of cancer can behave very differently. For example, lung cancer and breast cancer are very different diseases. They grow at different rates and respond to different treatments. That is why people with cancer need treatment that is aimed at their particular kind of cancer. Read more [here](#).



Wishing you good health!

Barry
RGEB Employee
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