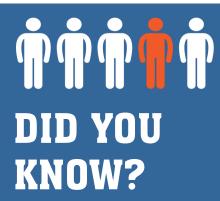
HEALTHUPDATE





ONE IN FIVE AMERICANS WILL DEVELOP SKIN CANCER IN THEIR LIFETIME.

But the good news is there is a near 100 percent cure rate when the disease is detected in its earliest stages.





If you can spot it you can stop it!

A monthly self-exam of your skin could save your life.

What to look for:

- A skin growth that increases in size and appears pearly, translucent, tan, brown, black or multi-colored.
- A spot or sore that continues to itch, hurt, crust, scab, erode, or bleed.
- An open sore that does not heal within three weeks.
- A mole, birthmark, beauty mark, or any brown spot that:
 - Changes color.
 - Increases in size or thickness.
 - Changes in texture.
 - Is irregular in outline
 - Is bigger than 6mm or 1/4", the size of a pencil eraser.
 - Appears after age 21.

If you notice any of the above warning signs, make an appointment to see a physician, preferably a dermatologist who specializes in treating conditions that affect the skin.



More people develop skin cancer because of tanning than develop lung cancer because of smoking.

Fun in the sun.

Summer is a great time to enjoy outdoor activities. Protect yourself and those around you to ensure a fun-filled, safe summer. Here are a few tips to keep in mind:



WEAR SUNSCREEN

Apply a broad-spectrum sunscreen with an SPF 15 or higher (for kids, SPF 30 or higher) about 30 minutes before you go outside and re-apply every two hours.



STAY HYDRATED

Drinking water is one of the most important ways to beat the heat. Feeling thirsty is actually a sign of dehydration. If you wait to drink water until after you're thirsty, you are already dehydrated.



STAY IN THE SHADE

If you are outside during the sun's peak hours between 10 a.m. and 4 p.m. - try to stay in the shade. Limit your sun exposure by wearing protective clothing such as long sleeves, pants, and a wide-brimmed hat.



PROTECT YOUR EYES

UV damage can lead to cataracts, skin cancer around your eyelids, and other eye disorders. Protect your eyes by wearing sunglasses that block 99-100 percent of both UV-A and UV-B rays. Don't be fooled by cloudy days. The sun's rays can pass through clouds and haze.