



# BetterSafe

WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

## Summer Safety *in the Sun*

Any diagnosis of cancer can be frightening—including skin cancer, the most commonly diagnosed cancer in the United States. However, skin cancer accounts for less than 1 percent of all cancer deaths; 85% to 95% of all cases are cured. Prevention and early detection are the most important weapons in the battle against skin cancer. Continuing research is making them ever more effective.

Skin cancer is strongly associated with exposure to ultraviolet (UV) radiation, part of the energy that comes from the sun (it also can come from artificial sources like sun lamps and tanning booths). UV radiation is made up of two types of rays, called UVA and UVB rays. UVB rays are more likely than UVA rays to cause sunburn, but UVA rays pass more deeply into the skin. Scientists have long thought that UVB radiation causes the skin damage that can lead to skin cancer and premature aging. They now think that UVA radiation may have these consequences, too.

According to NIH's National Cancer Institute, the cure rate for skin cancers could be nearly 100% if they were all brought to a doctor's attention before they had a chance to spread. There are three different types of skin cancer—melanoma, basal cell carcinoma and squamous cell carcinoma. It is particularly important to diagnose and treat melanoma early. Melanoma is the deadliest form of skin cancer, with 55,100 new cases and 7,910 deaths expected this year in the U.S. alone.

Melanoma usually begins as a mole. Twenty years ago, dermatologists noted that the typical warning signs of early melanoma follow an easy-to-remember formula:

**Asymmetry**—the mole is not a circle, but lopsided

**Borders**—the mole has uneven or ragged edges

**Color**—the mole is not a uniform brown, but a mix of brown, black, red, blue, and white

**Diameter**—the mole is wider than a pencil eraser

The dermatologists who devised that list now suggest adding "E," for "Evolving."

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“An evolving lesion is one that changes size, shape or symptoms, such as itching or tenderness,” Dr. David Polsky of New York University’s Department of Dermatology explained.

The “E” captures a particular type of melanoma, called nodular, which often does not follow the original ABCs, Polsky said. Nodular melanoma is the most aggressive type of melanoma and accounts for 10% to 15% of all melanomas.

Polsky led a group suggesting the alphabetical expansion in a recent review published in the Journal of the American Medical Association. They cited a study of 125 patients with nodular melanoma in which 78% had noticed a significant change in their mole’s appearance. Other studies support the idea that moles that change shape, color, or size are more likely to be melanoma.

While melanoma may be the most deadly type of skin cancer, both basal cell carcinoma and squamous cell carcinoma are far more common. Researchers estimate that 40% to 50% of

people who live to age 65 will be diagnosed with one of these skin cancers. They can occur anywhere but are typically on the head, face, neck, hands, and arms. They grow more slowly than melanoma and rarely spread to other areas, but need to be treated as well.

Carcinomas can appear as small, smooth, shiny, pale or waxy lumps, or sometimes as a firm red lump. Some people develop a precancerous condition called actinic keratosis, a rough, red or brown scaly patch on the skin that may develop into squamous cell carcinoma. It usually occurs in areas that have been exposed to the sun, such as the face, the back of the hands and the lower lip.

Your overall chance of developing a skin cancer is related to your lifetime exposure to UV radiation. While most skin cancers appear after age 50, the sun’s damaging effects begin at an early age. It’s important to start sun protection in childhood to prevent skin cancer later in life. Check yourself regularly for new growths or other changes in your skin, and report any unusual growths to a doctor.

## Preventing Skin Cancer:

- Avoid exposure to the midday sun, when your shadow is shortest (from 10 a.m. to 2 p.m. standard time or 11 a.m. to 3 p.m. daylight savings time).
- Wear protective clothing, such as sun hats and long sleeves, to block out the sun’s harmful rays.
- Use sunscreen with a sun protection factor (SPF) of at least 15, reapplying frequently. But be careful not to let sunscreen encourage you to spend even more time in the sun.
- Do a simple skin self-exam regularly for anything unusual, like a change in the size, texture, or color of a mole, or a sore that does not heal.





# Day In Day Out

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

## CHOOSING FOODS FOR YOUR FAMILY

GO, SLOW, and WHOA Foods

### GO Foods are:

- › Lowest in fat and sugar
- › Relatively low in calories
- › “Nutrient dense” (rich in vitamins, minerals, and other nutrients important to health)
- › Great to eat anytime

### Examples include:

- › Fruits and vegetables
- › Whole grains
- › Fat-free or low-fat milk and milk products
- › Lean meat, poultry, fish
- › Beans, eggs, and nuts

### SLOW Foods are:

- › Higher in fat, added sugar, and calories
- › To be eaten sometimes/less often

### WHOA Foods are:

- › Highest in fat and added sugar
- › “Calorie-dense” (high in calories)
- › Often low in nutrients
- › To be eaten only once in a while/on special occasions, in small portions



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# Day In Day Out

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

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## Healthy Shopping Tips

Buying healthy foods for your family is easier when you know what types of food to shop for in the store. Take a shopping list with you to stay on track. Look at the Nutrition Facts label to find healthy choices.

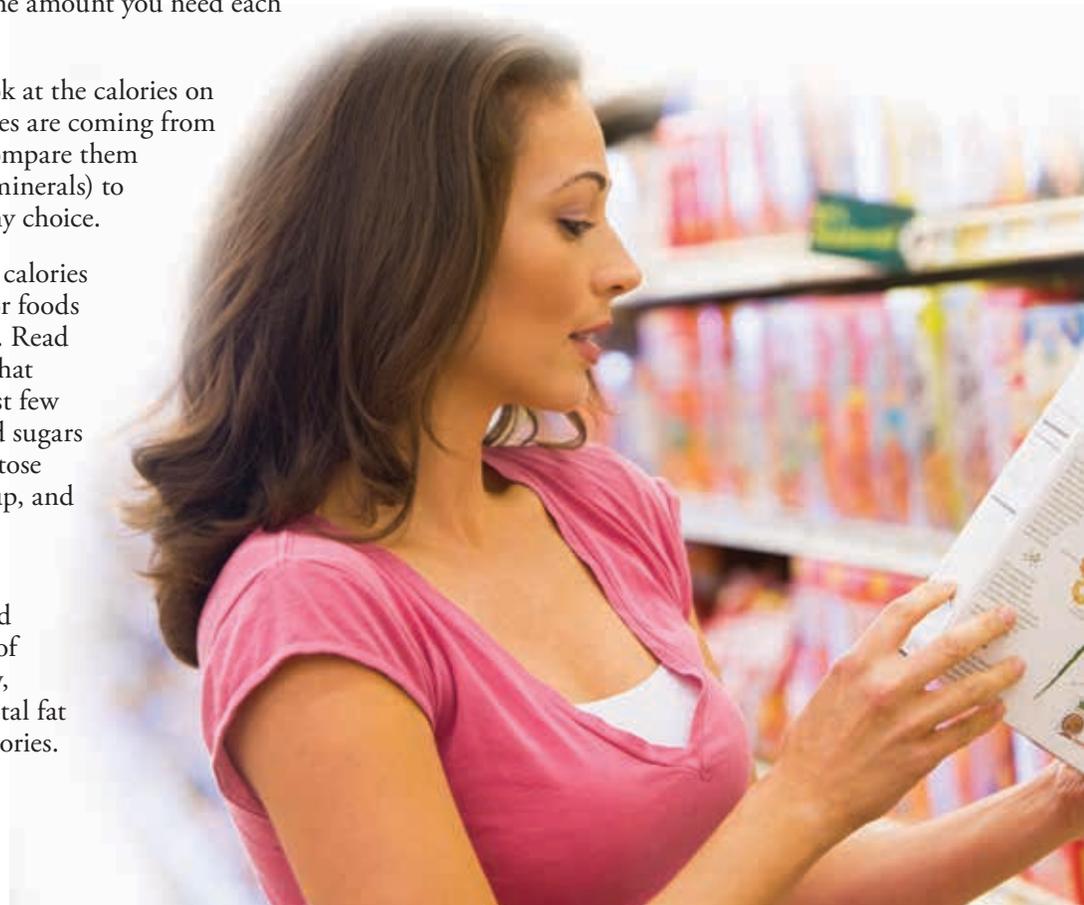
### When Looking at the Nutrition Facts Label:

- › **Check servings and calories.** Look at the serving size and how many servings the package contains. If you eat one serving, the label clearly outlines the nutrients you get. If you eat two servings, you double the calories and nutrients, including the Percent Daily Value (% DV). The Daily Value is how much of a specific nutrient you need to eat in a day. Percent Daily Value tells you how much of a nutrient is in one serving of food compared to the amount you need each day.
- › **Make your calories count.** Look at the calories on the label and note where the calories are coming from (fat, protein, or carbohydrates). Compare them with nutrients (like vitamins and minerals) to decide whether the food is a healthy choice.
- › **Don't sugar-coat it.** Sugars add calories with few, if any, nutrients. Look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars include sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup, and fructose.
- › **Know your fats.** Look for foods low in saturated fats, trans fats, and cholesterol to help reduce the risk of heart disease (5% DV or less is low, 20% DV or more is high). Keep total fat intake between 20% to 35% of calories.

### › Reduce sodium (salt), increase potassium.

Research shows that eating less than 2,300 milligrams of sodium (about one teaspoon of salt) per day might reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the salt shaker. Also, look for foods high in potassium (tomatoes, bananas, potatoes, and orange juice), which cancels out some of sodium's effects on blood pressure.

Once you know how to use the Nutrition Facts label, be sure to read them as you shop. Remember to look at the serving size and servings per container of the foods you may buy. Also compare the total calories in similar products and choose the lowest calorie items.





# TakeCharge

WELCOA'S ONLINE SELF-CARE BULLETIN

10 WAYS

to Cope With Emotions

## Without Cigarettes

You might feel like smoking helps you get through times when you just can't deal with your emotions. Although you might feel better in the moment, smoking isn't really helping. You probably feel better while smoking because you're taking a time out. The actual smoking doesn't really have much to do with feeling better.

### 1. Take a time out

A short break from a stressful or upsetting situation can help you think more clearly and help you make a healthy decision about what to do next.

### 2. Express yourself

Call or text a friend who you can talk to about what's bothering you.

### 3. Distract yourself

Take a walk, play a game, or read a good book.

### 4. Get your body moving

If you're feeling low, take a walk or a jog around the block.

### 5. Rehearse and practice dealing with stressful situations

If your go-to response to uncomfortable emotions is to stuff them away and pretend they're not there, it may be time to try to express them. When we bury or deny feelings, they build up until we are on the verge of exploding at the slightest offense. This can be especially

tricky when you need to confront someone who has hurt or offended you. Sometimes talking through things in more neutral territory can help.

### 6. Make a list and set goals

Break down your larger tasks into smaller steps. Then cross off each step as you go to see your progress.

### 7. Don't let negative thoughts take over

If you're feeling down about yourself or life, make a list of things for which you are grateful.

### 8. Give yourself a break

Instead of demanding total perfection from yourself, allow yourself to be happy with doing a pretty good job. Just aim to do your best without having to be perfect.

### 9. Exercise, eat regularly, and get plenty of sleep

Being physically rundown can make it much harder to deal with a bad mood. Take care of yourself.

### 10. When you are feeling extremely upset, use the Stop-Think-Breathe method

Stop for a minute and think about the big picture. Sometimes things that don't really matter in the long run can get you all worked up in the moment. Count to 10, breathing deeply, and concentrate on calming down.

Use the tips on this list to help you figure out what works best for you. This might feel uncomfortable at first, but with practice, you can learn how to deal with emotions without cigarettes.

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# TakeCharge

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## 6 Ways to Boost Your Mood After Quitting

Mood changes are common after you quit. You might be irritable, restless, or feel down or blue. If you're experiencing these feelings after quitting smoking, there are many things you can do to help lift your mood.

**1. Exercise. Stay active.** The type of exercise depends on how fit you are, but any kind of activity can help—from taking a walk to going to the gym to joining a team sport. If you need to, start small and build over time. This can be hard to do when you are depressed because feeling down saps all your energy. But making the effort will pay off! It will help you feel better.

**2. Structure your day.** Create a plan to stay busy. It is especially important to get out of the house whenever you can.

**3. Talk and do things with other people.** Many people who are feeling depressed are cut off from others. Having daily contact with other people will help your mood.

**4. Build rewards into your life.** For many who are depressed, rewards and fun activities are missing from life. It is helpful to find ways to reward yourself. Even small things, like reading a magazine or listening to music, add up and can help your mood.

**5. Do what used to be fun, even if it does not seem fun right now.** One of the common signs of depression is not wanting to do activities that used to be fun. It may take a little time, but doing fun activities again will help improve your mood. Some people like to make a list of fun events and then do at least one a day.

**6. Talk with friends and loved ones.** Your support system is a key to you feeling better. Having a chance to tell them your concerns can help things seem less scary.





# ToYourHealth

WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

## Assessing Your Weight and Health Risk

Assessment of weight and health risk involves using three key measures:

1. Body mass index (BMI)
2. Waist circumference
3. Risk factors for diseases and conditions associated with obesity

### Body Mass Index (BMI)

BMI is a useful measure of overweight and obesity. It is calculated from your height and weight. BMI is an estimate of body fat and a good gauge of your risk for diseases that can occur with more body fat. The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

Although BMI can be used for most men and women, it does have some limits:

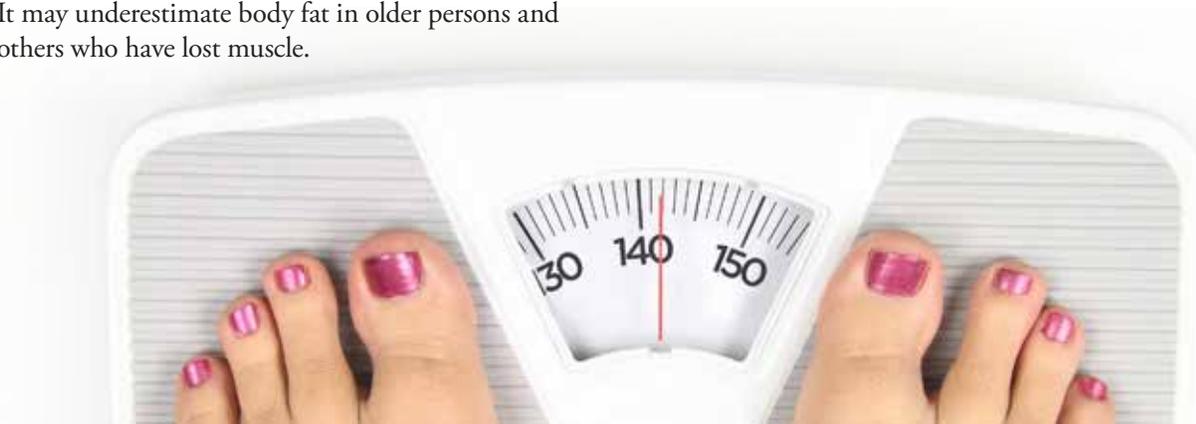
- It may overestimate body fat in athletes and others who have a muscular build.
- It may underestimate body fat in older persons and others who have lost muscle.

Use a BMI calculator or BMI table to estimate your body fat. Here's how BMI scores are broken down:

	BMI
<b>Underweight</b>	Below 18.5
<b>Normal</b>	18.5 - 24.9
<b>Overweight</b>	25.0 - 29.9
<b>Obesity</b>	30.0 and Above

### Your Weight & Waist Circumference

Measuring waist circumference helps screen for possible health risks that come with overweight and obesity. If most of your fat is around your waist rather than at your hips, you're at a higher risk for heart disease and type 2 diabetes. This risk goes up with a waist size that is greater than 35 inches for women or greater than 40 inches for men. To correctly measure your waist, stand and place a tape measure around your middle, just above your hipbones. Measure your waist just after you breathe out.



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# To Your Health

WELCOA'S ONLINE GENERAL WELLNESS BULLETIN

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## Risk Factors for Health Topics Associated With Obesity

Along with being overweight or obese, the following conditions will put you at greater risk for heart disease and other conditions:

### Risk Factors

- High blood pressure (hypertension)
- High LDL cholesterol (“bad” cholesterol)
- Low HDL cholesterol (“good” cholesterol)
- High triglycerides
- High blood glucose (sugar)
- Family history of premature heart disease
- Physical inactivity
- Cigarette smoking

For people who are considered obese (BMI greater than or equal to 30) or those who are overweight (BMI of 25 to 29.9) and have two or more risk factors, it is recommended that you lose weight. Even a small weight loss (between 5 and 10 percent of your current weight) will help lower your risk of developing diseases associated with obesity. People who are overweight, do not have a high waist measurement, and have fewer than two risk factors may need to prevent further weight gain rather than lose weight.

Talk to your doctor to see whether you are at an increased risk and whether you

should lose weight. Your doctor will evaluate your BMI, waist measurement, and other risk factors for heart disease.

## Behaviors That Will Help You Lose Weight and Maintain It

### Set the Right Goals

Setting the right goals is an important first step. Most people trying to lose weight focus on just that one goal: weight loss. However, the most productive areas to focus on are the dietary and physical activity changes that will lead to long-term weight change. Successful weight managers are those who select two or three goals at a time that are manageable.

### Reward Success (But Not With Food)

An effective reward is something that is desirable, timely, and dependent on meeting your goal. The rewards you choose may be material (e.g., a movie or music CD, or a payment toward buying a more costly item) or an act of self-kindness (e.g., an afternoon off from work or just an hour of quiet time away from family). Frequent small rewards, earned for meeting smaller goals, are more effective than bigger rewards that require a long, difficult effort.

### Balance Your Food Checkbook

“Self-monitoring” refers to observing and recording some aspect of your behavior, such as calorie intake, servings of fruits and vegetables, amount of physical activity, etc., or an outcome of these behaviors, such as weight. Self-monitoring

of a behavior can be used at times when you’re not sure how you’re doing, and at times when you want the behavior to improve. Self-monitoring of a behavior usually moves you closer to the desired direction and can produce “real-time” records for review by you and your health care provider. For example, keeping a record of your physical activity can let you and your provider know quickly how you’re doing. When the record shows that your activity is increasing, you’ll be encouraged to keep it up. Some patients find that specific self-monitoring forms make it easier, while others prefer to use their own recording system.