

JULY 2021

Healthy Living

Did you know that skin cancer is the most common form of cancer in the U.S.?



Love the skin you're in and reduce your risk of exposure to the sun's potentially damaging UV rays.

Tips for staying safe:

- Try to avoid direct exposure to the midday sun if at all possible as this is when the most UV damage can occur.
- Select a broad spectrum sunscreen that protects against UVA and UVB rays. The American Academy of Dermatology recommends using a product with an SPF of 30 or higher.
- Make sure you use enough sunscreen. Approximately one ounce will cover your body. Apply 15-30 minutes before going outside to allow time for absorption. Reapply every 60-90 minutes and immediately after swimming or sweating.
- Consider wearing a wide-brimmed hat and/or long sleeves if you're particularly exposed outdoors.
- Don't forget to wear sunglasses. Choose a pair that protect your eyes from both UVA and UVB rays (look for UV400 or 100% UV protection on the label).
- Keep in mind that the risk for sunburn can increase for individuals taking certain medications (birth control pills, some antibiotics, Benadryl).

What is skin cancer?

Skin cancer is the abnormal growth of skin cells, often caused by exposure to ultraviolet (UV) light, which is a form of radiation that comes from the sun, tanning beds, and sunlamps. Basal cell and squamous cell carcinomas are the two most common types of skin cancer, both being highly curable. Melanoma, the third most common type of skin cancer, is more dangerous and causes the most deaths.

Risk for developing skin cancer can be greater for those with a lighter skin color, blue or green eyes, blonde or red hair, freckles or a large number of moles, or a family history of skin cancer.

What are the symptoms?

Be aware of any changes in your skin, including new growths, sores that don't heal, or changes in existing moles. Remember the **A-B-C-D-Es** of melanoma and talk to your doctor if you have any concerns.

- **Asymmetrical:** Does the mole or spot have an unusual shape?
- **Border:** Is the border of the mole or spot irregular?
- **Color:** Is the color uneven?
- **Diameter:** Is the mole or spot larger than the size of a pea?
- **Evolving:** Has the mole or spot changed at all?



FEATURED RECIPE

Grilled Shrimp with Mango, Lime & Radish Salsa



Ingredients

- 12 large shrimp
- 1/4 cup extra-virgin olive oil
- 1 lemon, juiced
- Kosher salt and freshly ground black pepper

For the salsa:

- 2 limes
- 2 mangoes, diced
- 4 to 5 red radishes, diced
- 1 red onion, diced
- 1 tablespoon chili powder
- 1/2 bunch fresh cilantro leaves, chopped
- 1/4 cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper

Directions

1. In a large bowl, toss the prawns with the olive oil, lemon juice, salt, and pepper. Let marinate for about a half hour while you heat up the grill. Grill prawns on each side until they turn pink, about 5 minutes depending on size.
2. Remove the peel and pith from the limes and cut between the membranes to remove the segments. Put these "supremes" into a bowl and squeeze over the juice from the membranes. Add the remaining ingredients and mix; season with salt and pepper. Place warm grilled prawns on a platter and top with salsa.

Recipe yields 6 servings, with 250 calories/ serving.