Healthy Living

July is UV Safety Month

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

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?

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 again 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).

1 in 5 Americans will develop skin cancer by the age of 70. For more resources on detection and prevention, visit www.skincancer.org

Sweet & Spicy Grilled Summer Squash

Ingredients

- 4 medium summer squash or zucchini (about 1½ lb. total)

- Kosher salt

- ⅓ cup honey

- ⅓ cup unseasoned rice vinegar

- ¼ cup low-sodium soy sauce

- 3 Tbsp. hot chili paste (such as sambal oelek)

- 2 Tbsp. vegetable or sunflower oil, divided

- 1 lime, halved

- ½ small shallot, thinly sliced into rounds

- ¼ cup coarsely chopped cilantro leaves with tender stems

- 1 tsp. toasted sesame seeds

Directions

1. Prepare a grill for medium-high heat. Cut each squash in half lengthwise, then score cut sides in a ¼″ crosshatch pattern with the tip of your knife. Toss squash and 1 tsp. salt in a colander; set over a bowl. Let sit 10 minutes, then pat dry with paper towels.

2. Meanwhile, combine honey, vinegar, soy sauce, and chili paste in a small saucepan. Bring to a simmer over medium-high heat and cook, stirring occasionally, until reduced by half and slightly thickened (just shy of syrupy), 5–7 minutes. Remove from heat. Stir in 1 Tbsp. oil.

3. Toss squash with remaining 1 Tbsp. oil in a large baking dish or plate. Turn squash cut side up, then brush with glaze.

4. Grill squash cut side down until just beginning to char around the edges, about 3 minutes. Continue to grill, turning every minute or so and brushing squash with glaze on cut sides, until just tender and cut sides are lightly charred and shiny from the glaze, 6–8 minutes total. (Reserve any leftover glaze.) Transfer squash to a platter.

5. Squeeze juice from 1 lime half into a medium bowl and add shallot and cilantro; season with salt and toss to combine.

6. Drizzle squash with any leftover glaze. Top with herb salad and sprinkle with sesame seeds. Serve with remaining lime half alongside.