Skin cancer is the most common cancer in the U.S.?

The good news? Most skin cancers are preventable. To protect yourself, follow these simple prevention tips:

Summer will soon be here which means it’s time for some fun in the sun. While enjoying those summer activities under the sun’s warmth, it’s important to protect your skin from damaging ultraviolet (UV) rays. The sun’s UV rays cause damage to the skin’s DNA, which controls skin cell growth. Skin cancer is the most common form of cancer in the U.S. with more than two million Americans diagnosed every year. In fact, there are more new cases of skin cancer each year than breast, prostate, lung and colon cancer combined. One in five Americans will develop skin cancer at some point in their lifetime.

The following tips will help protect your skin and keep you safe in the sun:

1. **Use sunscreen.**

Most experts suggest using a sunscreen that provides a sun protection factor (SPF) of at least 30. The higher the SPF number means the greater amount of protection. Read and follow the instructions on the label and use sunscreen generously over the parts of your body exposed to the sun. Even water-resistant sunscreen should be reapplied every two hours and usually more frequently if you are sweating or swimming. Make sure you check the expiration date of your sunscreen products — they might be less effective if they are more than two years old.

2. **Wear protective clothing.**

Wear clothing that covers your arms and legs. Instead of baseball caps and visors, wear wide-brimmed hats to protect your face, ears and neck. You can also look for sunproof swimsuits, shirts and sportswear. Tightly woven fabrics protect better than loosely woven fabrics.

3. **Avoid the sun during the midday hours.**

UV rays are most intense between the hours of 10 a.m. to 4 p.m. If possible, stay inside during that time. You should also be aware that UV rays can pass through water to some degree and are present even on cloudy days.

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Look for UV Labels when shopping for sunglasses!

For shielding eyes from sunlight, not all sunglasses are created equal. In the July issue of Mayo Clinic Women's HealthSource, Amir Khan, M.D., Mayo Clinic ophthalmologist, discusses some considerations for purchasing sunglasses to help ensure good eye health.

Ultraviolet (UV) light rays from the sun not only can damage the skin, they can also harm the eyes. Long-term exposure to UV light increases the risk of cataracts, a clouding of the eye's lens. Some experts believe UV rays increase the risk of macular degeneration, a chronic disease that affects the central vision.

Sunglasses are an easy and effective way to protect against UV rays. "It's best to wear sunglasses any time you're outside and need sun protection," says Dr. Khan. He offers tips for purchasing sunglasses:

- **Label check:** Look for sunglasses that block both UVA and UVB, the two types of UV rays found in sunlight. The sunglasses should block 99 to 100 percent of these rays. If the label or sticker has no UV information, it's probably best to look for a different pair.
- **Price:** The cost of sunglasses is most often a function of fashion. Higher price doesn't mean better UV protection.
- **Glare reduction:** Polarized lenses can cut the glare that reflects off water or snow — a feature many people appreciate. But glare reduction doesn't equal UV protection. Check the label for both features.
- **Lens color:** The color or darkness of the lenses doesn't indicate UV protection. In fact, the coating that blocks UV light is clear.
- **Good fit:** Wraparound glasses or sunglasses that fit closely around eyes will block the most UV rays.
Too much Sun! Now what do I do?

Once sunburn occurs, you can’t do much to limit damage to your skin. However, the following tips may reduce your pain and discomfort in the hours and days after sunburn:

- **Take anti-inflammatory medication**, such as aspirin or ibuprofen (Advil, Motrin, others), on a regular basis according to the label instructions until redness and soreness subside. Use caution when giving aspirin to children or teenagers. Though aspirin is approved for use in children older than age 2, children and teenagers recovering from chickenpox or flu-like symptoms should never take aspirin. This is because aspirin intake has been linked to Reye’s syndrome, a rare but potentially life-threatening condition, in such children. Talk to your doctor if you have concerns.

- **Apply cold compresses** — such as a towel dampened with cool tap water — to the affected skin. Or take a cool bath or shower.

- **Apply a moisturizing cream, aloe vera lotion or hydrocortisone cream to affected skin**. A low-dose (0.5 to 1 percent) hydrocortisone cream may decrease pain and swelling, and speed up healing.

- **If blisters form, don’t break them**. They contain your natural body fluid (serum) and are a protective layer. Also, breaking blisters slows the healing process and increases the risk of infection. If needed, lightly cover blisters with gauze. If blisters break on their own, apply an antibacterial cream.

- **Drink plenty of fluids**. Sun exposure and heat can cause fluid loss through your skin. Be sure to replenish those fluids to prevent dehydration — when your body doesn’t have enough water and other fluids to carry out its normal functions.

- **Treat peeling skin gently**. Within a few days, the affected area may begin to peel. This is simply your body’s way of getting rid of the top layer of damaged skin. While your skin is peeling, continue to use moisturizing cream.

Some products - such as topical "-caine" products, for example, benzocaine — claim to relieve sunburn pain. Some dermatologists warn against using these products because they can irritate the skin or cause an allergic reaction. Benzocaine has also been linked to a rare but serious, sometimes deadly, condition that decreases the amount of oxygen that the blood can carry. Don’t use benzocaine in children younger than age 2 without supervision from a health care professional, as this age group has been the most affected.
Foods, Moves, & More . . .

Grilled Pork Chops with Quick Rhubarb Sauce

Makes: 4 servings, 1 pork chop & 1/4 cup sauce each
Active Time: 30 minutes
Total Time: 30 minutes

INGREDIENTS
1 tablespoon fresh thyme leaves, chopped, or 1/2 teaspoon dried
1 tablespoon extra-virgin olive oil
1/2 teaspoon salt, divided
1/2 teaspoon freshly ground pepper, divided
4 bone-in pork chops, 1/2-3/4 inch thick (about 2 pounds), trimmed
1/2 cup 100% pomegranate juice
1/2 cup reduced-sodium beef broth
2 tablespoons honey
3 medium shallots, thinly sliced
1 1/2 cups sliced rhubarb, fresh or frozen (thawed and drained)
1 teaspoon butter

PREPARATION
Preheat grill to medium-high.
Combine thyme, oil and 1/4 teaspoon each salt and pepper in a small bowl. Smear evenly all over pork chops.
Combine juice, broth, honey, shallots and the remaining 1/4 teaspoon each salt and pepper in a glass pie pan.
Microwave, uncovered, on High until reduced by about half, 6 to 9 minutes. Stir in rhubarb and microwave, stirring once, until the rhubarb is beginning to break down, 3 to 6 minutes more. Stir in butter.
Meanwhile, oil the grill rack. Grill the pork chops, turning once, until cooked through, 2 to 3 minutes per side. Serve with the rhubarb sauce.

NUTRITION
Per serving: 303 calories; 13 g fat (4 g sat, 7 g mono); 71 mg cholesterol; 18 g carbohydrates; 9 g added sugars; 28 g protein; 1 g fiber; 412 mg sodium; 561 mg potassium.
Nutrition Bonus: Zinc (17% daily value), Potassium (16% dv)
Carbohydrate Servings: 1

Here’s a quick list for some fun summer activities! Get out there and get moving!

1. Have a water balloon fight.
2. Watch the sunrise or set.
3. Read out loud, to your kids, friends, family or nature.
4. Go to an amusement park or local county/state fair and ride all the thrill rides!
5. Go fishing.
6. Walk in the grass barefoot.
7. Sleep in at least once.
8. Hang your bed sheets outside to dry and bask in their clean sunshine smell.
9. Visit a local farmer’s market.
10. Go swimming.
11. Join a group and walk for a cause!
12. Go biking and explore new places.

Feel free to make your own list or steal these ideas!

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