



Paris
Community
Hospital
Family
Medical
Center

May 2016

A growing epidemic

staying
healthy

Skin cancer rates rising

Skin cancer is a growing epidemic in America.

According to the National Council on Skin Cancer Prevention (NCSCP), more than 3.5 million new cases of skin cancer are diagnosed in the U.S. each year.

As warm weather approaches and millions of Americans prepare to enjoy the great outdoors, the risk for ultraviolet (UV) damage to the skin increases.

1 To help reduce the rising rates of skin cancer from overexposure to the sun, the NCSCP declares May 27, the Friday before Memorial Day, as “Don’t Fry Day.” People are encouraged to protect themselves while outdoors, especially those who work outside regularly, such as farmers and construction workers.

2 The NCSCP offers the following sun-safety tips to prevent skin damage:

- Avoid sunburns and tanning beds
- Seek shade
- Wear sun-protective clothing, sunglasses, and a hat
- Apply SPF 30 or higher sun screen generously and often
- Use extra caution near water and sand (and snow in the winter)

• Obtain vitamin D in ways other than from the sun, such as through foods and supplements

3 The American Cancer Society (ACS) estimates that one American dies every hour from skin cancer.

This year alone, ACS estimates there will be more than 73,870 new cases of malignant melanoma, the most serious form of skin cancer, and more than two million new cases of basal cell and squamous cell skin cancers in the U.S. Basal cell carcinoma, which grows and spreads slowly, is the most common type of skin cancer. Squamous cell carcinoma may begin as an ulcer that will not heal, or an abnormal growth. It usually develops in sun-exposed areas.

4 Fortunately, skin cancer is highly curable if found early, and can be prevented.

The ACS reminds people to “Slip! Slop! Slap! and Wrap!” When outdoors, SLIP on a shirt, SLOP on broad spectrum sunscreen of SPF 30 or higher, SLAP on a wide-brimmed hat, and WRAP on sunglasses.

The best way to detect skin cancer early is to examine skin regularly and recognize changes in moles and skin growths.

Most skin cancers are caused by overexposure to UV radiation. Individuals with lighter-toned skin are more susceptible to UV damage, although people of all races and ethnicities can be at risk for skin cancer. Those who have a family history of skin cancer, moles or freckles, or a history of severe sunburns early in life, are at a higher risk of skin cancer.

5 To minimize the harmful effects of excessive and unprotected sun exposure, protection from intense UV radiation should be a life-long practice for everyone.

Both Ultraviolet B (UVB) and Ultraviolet A (UVA) rays can damage skin, whether the exposure comes from natural sunlight or tanning beds. UVB rays are often called the burning rays, because they are most associated with sunburns and affect superficial layers of skin.

For protection from premature aging, however, it is important to pay attention to UVA rays, which reach deeper layers of skin and cause more damage.

Skin cancer is the most commonly diagnosed cancer in the U.S., and most cases are preventable, according to the NCSCP.

Angela Hamilton, FNP-C



Angela Hamilton, board certified family nurse practitioner, provides orthopedic and dermatology services at PCH/FMC.

Angela joined the PCH/FMC orthopedics department in November 2013, working in collaboration with John “Chip” Rowe, MD. She continues to provide orthopedic services, and began offering dermatology services on Thursday afternoons and Fridays, as of April 8.

Prior to PCH/FMC, Angela practiced dermatology in Terre Haute, Ind., for more than 10 years. She also has worked in the PCH/FMC EZ Care weekend, walk-in clinic.

Angela earned her bachelor’s degree and master’s degree in nursing at Indiana Wesleyan University. She is a member of the American Nurses Association, and serves on the health policy & advocacy committee for the Dermatology Nurses’ Association.

Angela lives in Paris with her husband, Jim. They have three children: David, Kacey, and Nick.



The ugly side of indoor tanning

Many people believe that using a tanning bed, booth, or sunlamp is safer than tanning outside in the sun.

However, according to the American Cancer Society, indoor tanning also exposes skin to ultraviolet (UV) rays, the cause of most skin cancers. UV rays can cause wrinkles, rashes and dark spots, and have been identified as carcinogens (cancer-causing substances). Tanning is particularly dangerous for adolescents and young

adults.

The Centers for Disease Control and Prevention (CDC) says people who begin tanning during adolescence or early adulthood have a higher risk of melanoma, the deadliest type of skin cancer.

Indoor tanning is especially popular among young women, including teenage girls. But UV rays damage skin no matter what source they come from.

Tanning beds can be so dangerous that 11 states, including Illinois, have passed laws that prohibit minors from indoor tanning.

One day, experts hope the public will look back on the use of tanning beds and realize the potential dangers—similar to issues involving smoking, lead paint used on cribs, or children riding in cars without the proper restraints. Regulations associated with these issues have

made the world a safer place for children, and so will tanning bed legislation, proponents argue.

Dermatology experts see firsthand the damage excessive UV radiation can cause. Radiation increases the risk for all three major forms of skin cancer, creates irreversible damage to the skin and eyes, contributes to cataracts, and causes premature aging of the skin.

Dermatology nurses, who teach patients how to protect their skin, are experts on the risks and effects UV rays can have on a person's health and well-being.

To obtain the golden glow of a "healthy tan" without the health risks of UV radiation, consider using a sunless tanning lotion or spray. Avoid tanning beds, and use a broad-spectrum sunscreen whenever outdoors.



Paris Community Hospital Family Medical Center

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staying healthy

PCH/FMC's Community Healthcare Programs May & June

Free Adult CPR/AED/Heimlich Class

May 2, June 24

These free, non-healthcare provider courses teach basic CPR, the use of an automated external defibrillator (AED), and the Heimlich maneuver used in choking emergencies. Free classes are made possible by the Rural Access to Emergency Devices Grant. Classes take place from 8:30 am to 12:30 pm in Conference Room D. To register, email Rachel Kelley at RKelley@pchfmc.com or call 217-465-2606, Ext. 320. When calling, leave your name and you will be registered.

National Nurses Week

May 6-12

This year's theme is "Culture of safety..It starts with YOU." Join us as we celebrate the role nurses play in delivering the highest level of quality care to their patients.

National Hospital Week

May 8-14

This year's theme is "Health Care from the Heart." Join us in thanking the men and women who provide healthcare services in our community.

Twilight Walk, Honoring Nurses

May 12

PCH/FMC will sponsor its third annual Twilight Walk honoring active, retired, and deceased nurses on the Edgar County Courthouse lawn at 7:45 pm. The walk is free, but participants may purchase a luminary for \$3 to honor a nurse (LPN or RN) of their choice, which will be displayed the evening of the walk. Call Rachel Kelley at 217-465-2606, Ext. 320.

We Care 4 U Health Screenings

May 14

PCH/FMC will offer a series of health screenings from 7 to 11 am in

the Paris Family Medical Center. These "We Care 4 U" health screenings will include stroke (\$129), lung (\$99), heart/diabetic (\$49), and osteoporosis/bone screenings (\$29). The complete screening package is available for \$249. All medical tests are for screening purposes only. Cash, check, and credit card will be accepted. No insurance will be billed. Appointments are required. Call 217-465-2606, Ext. 228.

Monthly Health Screenings

May 17

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held in the Family Medical Center from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-465-2606, Ext. 228.

Medical Weight Loss Seminar

May 24, June 14

A free informational session regarding PCH/FMC's new Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Volunteers' Chocolate Sale

May 25-26

The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the FMC.

Andy Hogan Memorial Golf Outing

June 6

The Andy Hogan Memorial Golf Outing to benefit the Edgar County Diabetes Association will take place at 12:30 pm at Eagle Ridge Golf Course in Paris. Entry fee is \$65 per person, which includes cart, green fee, drinks, lunch, and prizes. Entry deadline is June 6 by 10 am. Call Leighsa Cornwell for more information at 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.