

## ABCDE's of melanoma skin cancer



Source: NCI Visuals Online. Skin Cancer Foundation.  
<http://visualsonline.cancer.gov/about.cfm>

Asymmetry	One half does not match the appearance of the other half.
Border irregularity	The edges are ragged, notched, or blurred.
Color	The color (pigmentation) is not uniform. Shades of tan, brown, and black are present. Dashes of red, white, and blue add to a mottled appearance.
Diameter	The size of the mole is greater than ¼ inch (6mm), about the size of a pencil eraser. Any growth of a mole should be evaluated.
Evolution	There is a change in size, shape, symptoms (such as itching or tenderness), surface (especially bleeding), or color of a mole.

<http://www.webmd.com/melanoma-skin-cancer/abcde-of-melanoma-skin->

### What causes melanoma?

Excessive exposure to ultraviolet (UV) from the sun, tanning beds, and sunburns

### How can you protect yourself?

#### Understand what the risk factors are:

- Fair, sun-sensitive skin that burns rather than tans; freckles; red or blond hair.
- Many moles — more than 50.
- Moles which are large or unusual in color or shape.
- A close family history of melanoma or a personal history of melanoma.
- Had excessive exposure to UV from the sun or sunbeds.
- A history of severe sunburns.

The risk can be multiplied if you have several of the risk factors, for example, if you have unusual moles and a family history of melanoma.

**People with no risk factors, and those with darker skin, can also get melanoma.**

\*Learn the early signs of melanoma.

\*Perform a skin cancer self-examination once a month. You may ask your health care provider how to conduct the examination.

\*Apply sunscreen when outside with a high SPF protection 30 or higher, cover up with hats, wear sunglasses, long sleeves, loose fitting light clothing, use umbrellas, sit in shaded areas.

**\*Consult your Nurse Practitioner if you notice any suspicious spots on your skin. A referral to a dermatologist may be required for treatment options.**

<http://www.dermatology.ca/skin-hair-nails/skin/skin-cancer/#!/skin-hair-nails/skin/skin-cancer/malignant-melanoma/>

## The Mosquitoes have arrived!



### UPCOMING PROGRAMS

#### “COOKING FOR 1 OR 2”

WHEN: JULY 22, 2014  
TIME: 10:30 AM – 12 PM  
WHERE: ESSEX RETIREES SOCIAL CLUB (32 RUSSELL ST.)  
FEE: \$3  
HOSTED BY TANIA MCNAMARA,  
REGISTERED DIETITIAN

#### “HEALTHY EATING ON A BUDGET”

WHEN: JULY 17, 2014  
TIME: 1:30 – 2:30 PM  
WHERE: 109 & 111 BRIEN ST. (ROOM TO BE DETERMINED)  
FREE SEMINAR!  
HOSTED BY TANIA MCNAMARA,  
REGISTERED DIETITIAN

CONTACT TANIA FOR MORE INFO AT  
(519)776-6856



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Mosquito bites are the itchy bumps that appear after mosquitos puncture your skin and feed on your blood. Most mosquito bites are harmless, but occasionally a mosquito bite causes a large area of swelling, soreness and redness.

Most mosquito bites stop itching and heal on their own without medical treatment but if you're having a hard time managing the itch, here are some treatment options.

#### Topical treatments

Apply a hydrocortisone cream or calamine lotion to bites. A cold pack or baggie filled with crushed ice may help, too.

#### Oral antihistamines

For stronger reactions, taking an antihistamine containing diphenhydramine (Benadryl), chlorpheniramine (Chlor-Trimeton), loratadine (Claritin) or cetirizine (Zyrtec) may ease your body's response.

SOURCE: <http://www.mayoclinic.org/diseases-conditions/mosquito-bites/basics/definition/con-20032350>



### Heat rash



Heat rash develops when your sweat ducts become blocked and perspiration is trapped under your skin. Symptoms range from superficial blisters to deep, red lumps. Some forms of heat rash can be intensely itchy or cause a prickly feeling.

Heat rash usually goes away on its own. Severe forms of heat rash may need medical care, but the best way to relieve symptoms is to cool your skin and prevent sweating.

#### Reduce sweating

The best treatment for any form of heat rash is to reduce sweating by staying in air-conditioned buildings or, when that's not possible, using fans to circulate the air, wearing lightweight clothing made of fabrics that "breathe" and limiting physical activity. Once skin is cool, heat rash tends to clear quickly.

Mild heat rash doesn't require any other treatment.

#### Topical therapies

More-severe forms of heat rash may require topical therapies to relieve discomfort and prevent complications. Topical treatments may include:

**Calamine lotion** to soothe itching

**Anhydrous lanolin**, which may help prevent duct blockage and stop new lesions from forming.

SOURCE: <http://www.mayoclinic.org/diseases-conditions/heat-rash/basics/definition/con-20033908>