



Skin Cancer Awareness

When you're having fun outdoors, it's easy to forget how important it is to protect yourself from the sun. Unprotected skin can be damaged by the sun's ultraviolet (UV) rays in as little as 15 minutes. Yet it can take up to 12 hours for skin to show the full effect of sun exposure. Plan ahead. Keep sun protection handy in your office, car, and bag.

Take precautions against sun exposure every day, especially during midday hours (10:00 a.m. to 4:00 p.m.) when UV rays are strongest and do the most damage. UV rays can reach you on cloudy days and can reflect off surfaces like water, cement, sand, and snow.

- Seek shade, especially during midday hours.
- Cover up with clothing to protect exposed skin.
- Wear a hat with a wide brim to shade the face, head, ears, and neck.
- Wear wrap-around sunglasses to block UVA and UVB rays.
- Use sunscreen with UVA and UVB protection and a sun protective factor (SPF) of 15 or higher.
- Avoid tanning beds and sunlamps.

Keep an eye on your skin. Use A, B, C, and D to check suspicious moles or marks on your skin.

A = asymmetry

B = border (irregular)

C = color variations

D = diameter larger than a pencil

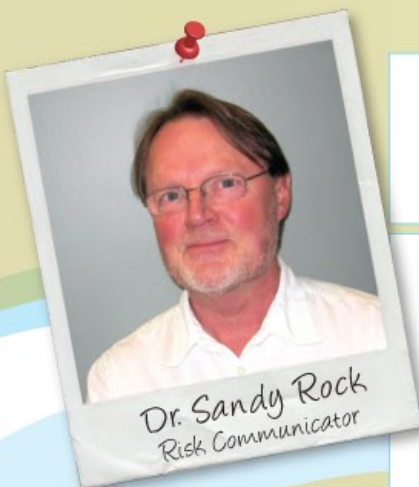
Have your skin checked by a dermatologist as recommended by your primary care provider. People who have a history of skin cancer or have suspicious looking skin spots should be checked frequently.



Schedule a Speaker

Visit the "Presentations & Trainings" page on our website for a list of health and safety topics.

JULY 2012



Dr. Sandy Rock
Risk Communicator

"Better safe than sorry. An ounce of prevention is worth a pound of cure. Those truths stand the test of time. Many illnesses—even the ones we fear most—are treatable or curable when diagnosed before symptoms occur. Don't wait until you are sick to visit your healthcare professional; schedule a visit today. It's your health: Own It!"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Tobacco Cessation Class	3 Weight Loss Convoy	4 ★ Independence Day	5	6	7
8 ♥ National Therapeutic Recreation Week	9 ♥ Tobacco Cessation Class	10 ♥ Weight Loss Convoy	11 ♥	12 ♥ Site-Wide Health Fairs	13 ♥ Hanford WorkFit Leader Training	14 ♥
15	16 Tobacco Cessation Class Site-Wide Summer Recreation Challenge - Start	17 Weight Loss Convoy	18	19	20	21
22	23 Tobacco Cessation Class	24 Weight Loss Convoy	25	26	27	28
29	30 Tobacco Cessation Class	31 Weight Loss Convoy	♥ UV Safety Month Site-Wide Summer Recreation Challenge 7.16.12 — 8.10.12 www.amhchallenge tracker.com			

InsideOut Newsletter: www.hanford.gov/amh/page.cfm/newsletter

Service Spotlight: Digital X-ray Our new state-of-the-art digital x-ray provides safer, faster, and more comfortable imaging for the worker/patient. It also improves quality of care, diagnostic capability, workflow and timeliness of medical results. Digital electronic image transmission and storage allow rapid review by the radiology specialist and easy retention for future reference.

- ♥ Health Observance
- 📁 Class or Event
- ★ Holiday
- ☐ Exercise Minutes

Highway to Health

Enter your weight at Hanford Highway to Health

Weight (in lbs.) _____

Blood Pressure _____