



Hanford Occupational Health Services

Inside Out

Protect Your Skin: UV Rays and Skin Cancer

by Veronica Whitish, CSC Health Education Specialist

Summer is finally here! It's time for beach trips, picnics and pool parties which lead to an increased prevalence of sunburns. Sunburns are caused by excessive exposure to ultraviolet (UV) light. UV light not only causes sunburns but can also lead to skin cancer. As a matter of fact, more than 1 million cases of skin cancer will be diagnosed in the U.S. this year. Skin cancer is the uncontrolled growth of abnormal skin cells that typically develops on areas of sun-exposed skin but can also appear elsewhere on your body. As much as 90 percent of UV rays can pass through clouds, therefore, it is possible for the skin to burn on overcast and hazy days. UV rays can also reflect off surfaces such as snow, ice and water and can burn your skin as severely as direct sunlight. Follow these simple steps to limit your UV exposure and reduce your risk of skin cancer:

Avoid the sun during the middle of the day: For the majority of people in North America, the sun's rays are strongest between the hours of 10a.m. and 4p.m. Scheduling your outdoor activities before or after this time will decrease your chance of sunburn.

Avoid tanning beds: Tanning beds emit UV rays which can also increase skin cancer risk.

Wear sunscreen and protective clothing: Even though sunscreen can't filter out all harmful UV rays, it plays a large role in protecting your skin. Select a broad-spectrum sunscreen with a sun protective factor (SPF) of at least 15 that can protect you from both UVA and UVB rays. Use a generous amount, especially on highly exposed areas including face, ears, neck and the back of your hands. To maximize protection, apply sunscreen 30 minutes before going outdoors and reapply every two hours. You may also consider covering your skin with dark clothing and wearing polarized sunglasses as well as a broad-brimmed hat.

Examine your skin regularly. Any noticeable changes should be reported to your doctor: Check for new growths or changes in existing moles, bumps, freckles and birthmarks. Look for the ABCDE's of skin cancer, and if you see one or more, make an appointment with a physician immediately.



Asymmetric: If you draw a line through this mole, the two halves will not match.



Border: The borders of an early melanoma tend to be uneven.



Color: Having a variety of colors is another warning signal. A number of different shades of brown, tan or black could appear.

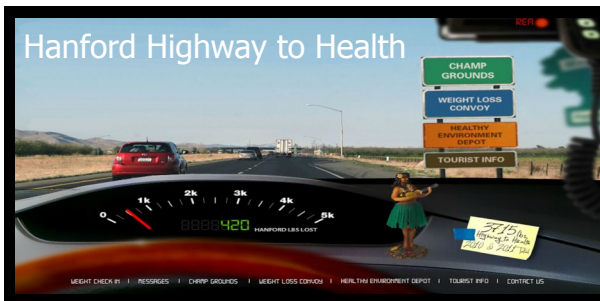


Diameter: Usually larger in diameter than the size of the eraser on your pencil.



Evolving: Any change — in size, shape, color, elevation, or other trait, or any new symptom such as bleeding, itching or crusting — points to danger.

Adapted from [Mayo Clinic](#) and [American Cancer Fund](#)



DON'T FORGET TO CHECK OUT OUR HIGHWAY TO HEALTH WEB MODULE.

Help us reach our weight loss goals for 2012 by reporting your weight loss TODAY!

WATCH FOR UPCOMING EVENTS:

July

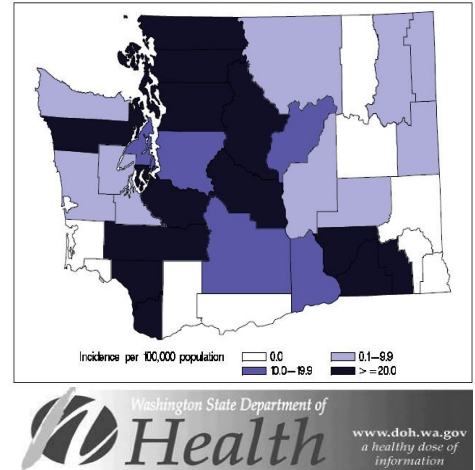
- [Site Health Fairs \(12th\)](#)
- [Workfit Leader Training \(13th\)](#)
- [Tobacco Cessation Class \(starts 16th\)](#)
- [Summer Recreation Challenge \(starts 16th\)](#)

August

- [Site Health Fairs \(9th\)](#)
- [Summer Recreation Challenge \(ends 10th\)](#)
- [Workfit Leader Training \(13th\)](#)

Select a link or visit our website: www.hanford.gov/amh





Pertussis (Whooping Cough)

by L. B. Sandy Rock, MD

CSC Hanford Occupational Health Risk Communicator

Pertussis—also known as “Whooping Cough”—has reached **epidemic proportions** in the state of Washington, according to Mary Selecky, Secretary of Washington State Department of Health. By this time in 2011, only 171 cases were reported; as of June 9, 2012, 2325 cases have been reported. This is an easily preventable disease for which all infants and children are required to be immunized. However, due to less-than-hoped-for immunization rates among both adults and children, the infection, which can be deadly for infants, has spread throughout Washington and other states.

Infants and children receive the initial series of five DTaP shots over the first seven years of life. Older children and adults should receive boosters (Tdap) every ten years thereafter. These “triple shots” protect not only against pertussis, but provide pro-

tection from two other potentially deadly diseases—tetanus (“lockjaw”) and diphtheria. Unfortunately, for various reasons, many children go partially or un-immunized; thus, the potential for spread of illness is increased. In adults, while the disease is generally mild, the cough can be severe and cause injury to the infected person. Even though it is treatable with certain antibiotics, the greater concern is that the infection can spread to infants and young children who often have a more serious infection. Several infants have died in the midst of this epidemic in the state.

The Tdap immunization is available at many places including private healthcare facilities, the various health department offices, pharmacies

and, for Hanford workers, at both CSC HOHS clinics. Regardless when you had your last “booster” shot for tetanus, if it didn’t also contain pertussis vaccine, you should visit one of these locations to receive one. More information on the immunization can be found here:

[Tdap](#)

Back Health & Safety Workshop at HAMMER



July 19th
2:00-4:00 pm
Please obtain your managers approval to attend.

Call [Laura Carpino](#) at 376-9040
CLASS IS LIMITED,
RSVPs ARE REQUIRED.

Invite us to be a guest at your next work group meeting.

July Featured Presentation:

“Skin Cancer Prevention”

To schedule a presentation, contact us!

Email: ahew@rl.gov
Phone: 376-3939

Join the Summer Recreation Challenge!



This summer, make “FUN” a top priority! We’ll be running our annual Site-Wide Summer Recreation Challenge from July 16—August 10, 2012. Earn points for getting out there and enjoying all the fun activities that summer has to offer. Eligible participants will be entered to win an Ultimate Direction Katoa Waistpack to stash all those summer essentials! Join the Challenge at www.amhchallenge tracker.com.

Healthy Recipes

Pasta w/Fresh Vegetables

Serves: 6—1 1/4 cup servings

Ingredients:

- 8 ounces uncooked penne pasta
- 1 cup sliced fresh carrots
- 1 tablespoon olive oil
- 1/2 teaspoon minced garlic
- 1 cup fresh broccoli florets
- 1 cup sliced yellow summer squash
- 1 cup chopped green pepper
- 1 tablespoon minced fresh basil or 1 teaspoon dried basil
- 1 teaspoon minced fresh thyme or 1/4 teaspoon dried thyme
- 1 teaspoon minced fresh oregano or 1/4 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 cups chopped fresh plum tomatoes
- 5 teaspoons grated Parmesan cheese



PER SERVING: 1 1/4 CUP	
Calories	205
Total Fat	4 g
Cholesterol	1 mg
Sodium	244 mg
Carbohydrate	37 g
Dietary fiber	4 g
Protein	7 g

Preparation:

Cook pasta according to package directions; drain. Meanwhile, in a large nonstick skillet, sauté the carrots in oil until crisp-tender. Add the garlic; cook for 1-2 minutes or until garlic is tender. Stir in the tomatoes, broccoli, squash, green pepper and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes or until vegetables are tender. Stir in pasta; sprinkle with cheese

Click here for: [Healthy Recipes](#)