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Let's Go on a Staycation!

Sometimes you just need to get away. But when money is tight, or you don't have enough time off, vacation choices can be limited. Re-think your travel plans and get a little creative with a "staycation."

A *staycation* is a great way to "escape" on a budget while at home or just around town. No need to pack. You'll save money on eating out, gas for the car, plane, or train tickets, and hotel rooms. You can relax or stay active— all at your own pace!

Clean your house *before* your staycation, so you can check that off, and really unwind. There are lots of things families can do at home to reconnect, and have fun:

- Try backyard camping! Share family stories around the picnic table or fire pit.

- Set up a net for badminton or volleyball.
- Create a backyard course for a Family Olympics.
- Break out the board games for Family Game Night.
- Family Movie Night at home can include healthy snacks, like popcorn (hold the butter!) and fresh veggies.
- Seek out freebies locally (from nature trails to museum "free" nights).
- Take naps! Studies show that a 10 to 30-minute nap mid-day can boost energy, mood, and memory.

Happy staycation!

Sources include: www.cdc.gov and www.mayoclinic.org.



Start the "Mole Patrol"

Is it a freckle or is it a mole? Is it okay— or not?

The skin is the largest organ in the body. Skin cancer affects more than two million people in the U.S. each year. If caught early, skin cancer is often treatable and curable. If it's spotted late and spreads, it can sometimes lead to major scarring or death.

Freckles or dark spots are often harmless effects of being in the sun. Moles, too, are also a result of the skin being in the sunlight. Freckles, dark or "sun" spots, and moles all have *melanocytes* in common. When the sun hits the skin, melanocyte cells make the skin (and spots on the skin) darker in color. That's when freckles, dark or sun spots, and moles can show up. But even though most moles can be normal

(*non-cancerous or benign*), they can sometimes change over time and test positive (*malignant*) for skin cancer. That's why you must check your body, and get used to the way moles look and feel. This will help your doctor spot trouble faster. Your family doctor can also refer you to a skin doctor (*dermatologist*). You should see a dermatologist at least once a year. See one every six months if you have lots of moles, get sunburns, or have a family history of skin cancer.

Know the warning signs. Learn the A-B-Cs of skin cancer to help prevent it or treat it. And don't forget the sunscreen!

Visit www.cancer.org or www.skincancer.org for more information.



THE A-B-Cs OF MOLES AND SKIN CANCER

A	Asymmetry (shape): Does one half of the mole match the other half?
B	Border: Are the spot's edges ragged or smooth?
C	Color: Is the spot black, brown, mixed-color, or see-through? Are there patches of blue, pink, red, or white?
D	Diameter (size): Is it bigger than an eraser on a pencil (about ¼")?
E	Evolving (change): Is it new (appearing after age 21)? Does it change color, shape, size, or thickness? Does it bleed, crust, hurt, itch, scab, or swell?

! National Hotline Numbers and Resources

- American Cancer Society **1-800-227-2345** www.cancer.org
- American Academy of Dermatology www.spotskincancer.org
- Centers for Disease Control (CDC) www.cdc.gov
- President's Council on Fitness, Sports & Nutrition www.fitness.gov

Questions?

No problem. Call a Health Coach to help you control your disease risks.



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Here Comes the Sun

Increase the heat without feeling the burn

It's time to wake up from your winter sleep and get back outdoors. But more time spent outside means that you need to protect your skin from the sun again.

The sun doesn't have to burn your skin to cause harm! The sun's ultraviolet (UV) rays can hurt you — even if you can't see the damage. So you need to wear sunscreen.

The American Academy of Dermatology says to choose one that offers broad-spectrum protection. It should have a Sun Protection Factor (SPF) of 30 or greater. It should also be water resistant. If you're outside, put on sunscreen every two hours. Cover skin well, and use even more if you're sweating or swimming.

Use sunscreen on any part of the skin that is in the sun. Make sure to use it on your face and the backs of your hands year 'round.

Here are some sun-smart habits to lessen sun damage and the chance of skin cancer:

- Stay out of direct sunlight when you can, and limit the time that you spend in the sun. Better yet, stick to the shade.
- Wear long-sleeved shirts and a hat to protect your head, and shield your eyes. Don't forget your sunglasses.
- Stay out of tanning beds. Keep kids under the age of 18 out of tanning beds, too.
- Babies under 6 months should not spend time in the sun and should not use sunscreen. Babies should also wear all of the same protective clothing as adults.

Summer only comes around once a year. But being sun-smart means making sure your skin is safe at *all* times. Your outdoor time will be healthier *and* more fun if you do!

Visit www.aad.org for more information.



What's up Doc?

Bike Safety

Five to 14 year-olds and young adults age 15 to 24 make up 52 percent of bike injuries seen in the U.S. People age 15 to 29, as well as those 45 years and older, have the highest bike-related deaths.

Bike helmets can protect the head and brain if you crash. But bike helmets must fit right. Here's how you can get a level and snug fit, before pedaling:

- Measure your head first to find a helmet size. (If you don't have a tape measure, use a string. Measure the string with a ruler.)
- Level the helmet low on your forehead, but above the eyebrows. Make sure you can see!
- Adjust the side straps to make a "V" below the ears.
- Pull and fasten snugly under the chin.
- Try to yawn; your skin should move a little.
- Only two fingers should be able to fit between your head and helmet.

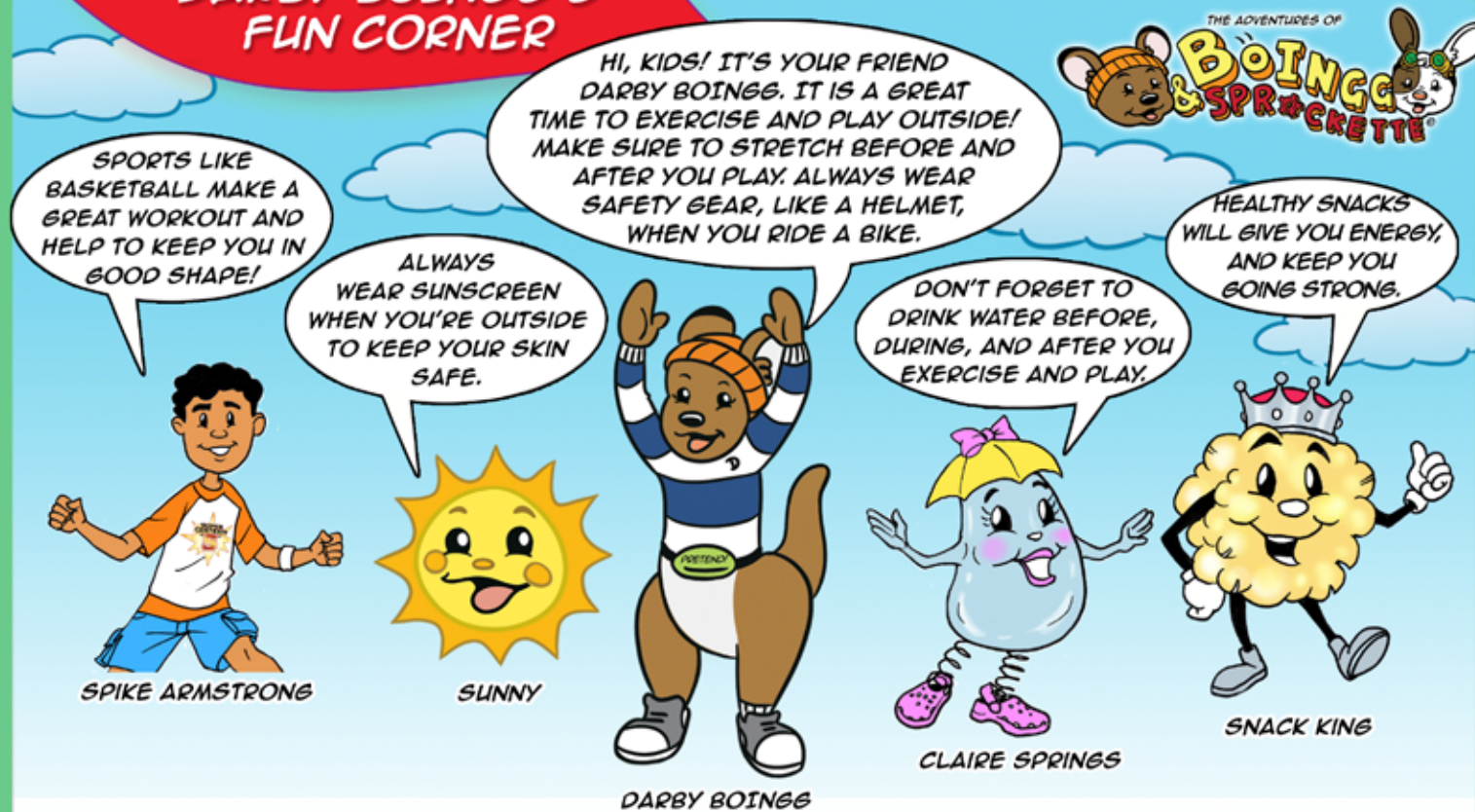
Always wear a helmet. Don't ride at night (if you must, use lights and bright gear that reflects light). Wear bright colors anytime you ride. Ride to stay alive!

Visit www.cdc.gov for a Heads Up Helmet Fact Sheet.



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BEFORE GOING OUTSIDE, ASK A PARENT TO PUT THIS ON YOUR SKIN...

 S _ N _ S _ C _ E _ N

BE SURE TO REST AND DRINK THIS TO STAY COOL...

 W _ T _ R

WHAT ARE OTHER WAYS TO STAY SAFE OUTSIDE?
