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Let's Go on a Stay cation!

• Set up a net for badminton or volleyball.

• Create a backyard course for a

• Break out the board games for

• Family Movie Night at home can

include healthy snacks, like popcorn

(hold the butter!) and fresh veggies.

• Seek out freebies locally (from nature

• Take naps! Studies show that a 10 to

trails to museum "free" nights).

Family Olympics.

Family Game Night.

mood, and memory.

Sources include: www.cdc.gov

Happy staycation!

and www.mayoclinic.org.

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.

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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

history of skin cancer.

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

THE A-B-Cs OF MOLES AND SKIN CANCER

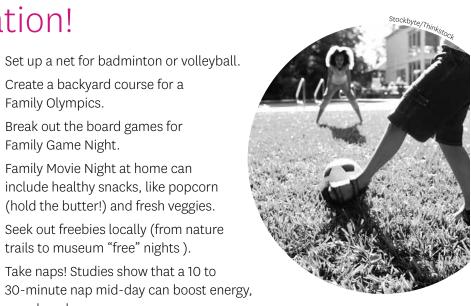
Α	Asymmetry (shape): Does one half of the mole mate
В	Border: Are the spot's edges ragged or smooth?
С	Color: Is the spot black, brown, mixed-color, or see-t
D	Diameter (size): Is it bigger than an eraser on a penc
E	Evolving (change): Is it new (appearing after age 21)? Does it bleed, crust, hurt, itch, 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

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(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

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!



ch the other half?

nrough? Are there patches of blue, pink, red, or white?

il (about 1/4")?

? Does it change color, shape, size, or thickness?

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



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 broadspectrum 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:

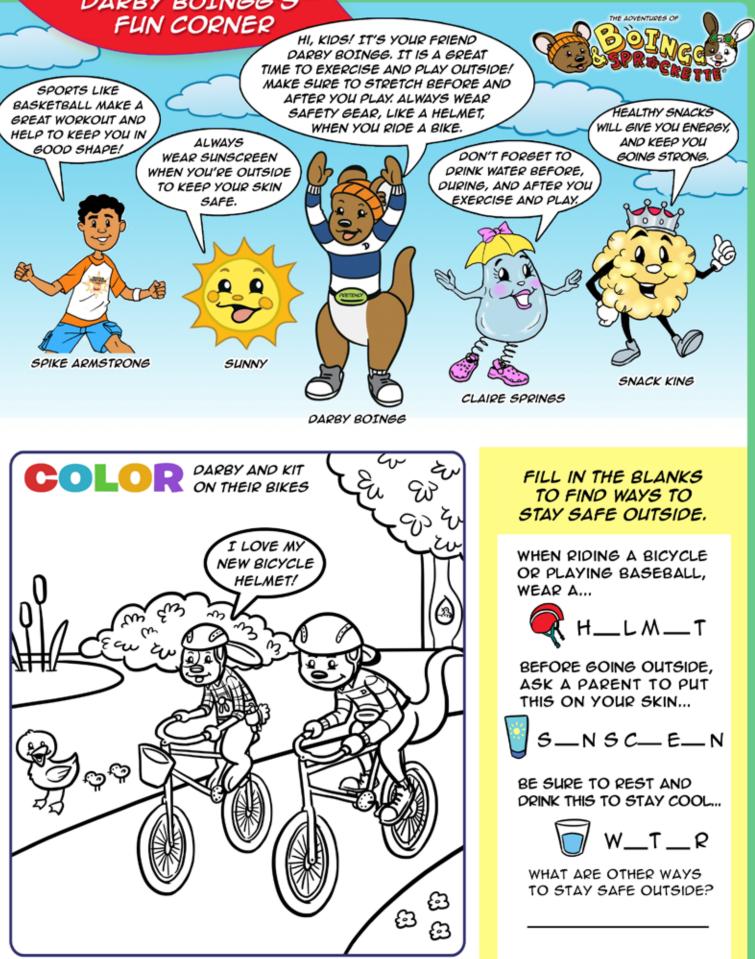
- Measure your head first to find a helmet size. (If you don't have a tape measure, use a string. Measure the string with a ruler.)
- Level the helmet low on your forehead, but above the eyebrows. Make sure you can see!
- Adjust the side straps to make a "V" below the ears.
- Pull and fasten snugly under 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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