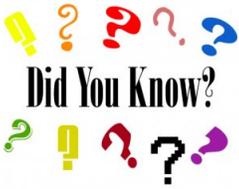


Wellness Corner Connection

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Skin Cancer on the Rise 5 Things You Must Know



On average, Americans consume nearly

100 pounds of sugar and high-calorie sweeteners each year. That's about 30 teaspoons a day. Nearly half comes from soda or fruit drinks that contain sugar or other sweeteners; together such drinks are the top source of calories in the American diet.:



An Apple is more effective at waking you up in the morning than coffee. Might be a good idea not to eat one before bedtime.

Almonds are members of the rose family and are therefore also called 'The queen of the rose family'. Other family members of the almond are the peach and the apricot.



We have weathered the winter storms and now can finally look forward to the warm summer sun!!! If you are like me, I love the warm weather. Being able to go outside without a coat. Riding with the windows down (on low allergy days of course). Fresh fruits and vegetables in abundance! And feeling the sun as you bask on the Jersey beaches. But be careful, as good as that sun will feel, it can do much damage to your skin. **But take heed and look at these facts:**

- ◆ Skin cancer is the most common form of cancer in the United States. More than 3.5 million skin cancers in over two million people are diagnosed annually.
- ◆ Each year there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon. Treatment of nonmelanoma skin cancers increased by nearly 77 percent between 1992 and 2006.
- ◆ One in five Americans will develop skin cancer in the course of a lifetime. 13 million white non-Hispanics living in the US at the beginning of 2007 had at least one nonmelanoma skin cancer, typically diagnosed as basal cell carcinoma (BCC) or squamous cell carcinoma (SCC).
- ◆ Basal cell carcinoma is the most common form of skin cancer; an estimated 2.8 million are diagnosed annually in the US. BCCs are rarely fatal, but can be highly disfiguring if allowed to grow.
- ◆ Squamous cell carcinoma is the second most common form of skin cancer. An estimated 700,000 cases of SCC are diagnosed each year in the US. The incidence of squamous cell carcinoma has been rising, with increases up to 200 percent over the past three decades in the US. About 2 percent of squamous cell carcinoma patients – between 3,900 and 8,800 people – died from the disease in the US in 2012.
- ◆ Between 40 and 50 percent of Americans who live to age 65 will have either BCC or SCC at least once.
- ◆ About 90 percent of nonmelanoma skin cancers are associated with exposure to ultraviolet (UV) radiation from the sun and/or tanning beds.

1. Melanoma is deadly - More than 1 million new cases of skin cancer are diagnosed each year, according to the American Academy of Dermatology, which calls skin cancer an unrecognized epidemic. About 100,000 of these cases are melanoma, which kills some 8,000 U.S. residents a year. And the problem is growing. Particularly troubling: The melanoma incidence rate for children (18 and under) jumped 84 percent from 1975 to 2005, according to the National Cancer Institute.

2. Melanoma is largely preventable - Getting sun is part of our culture. It can also be the death of us. The sun causes 90 percent of all skin cancers. Limiting mid-day exposure or covering up is the surest way to avoid getting it. What about vitamin D? The sun indeed can provide your body with vitamin D, but you can also get this vital nutrient easily from milk, orange juice, salmon, tuna, eggs and Swiss cheese. And think of your children: Childhood sunburns raise the risk of adult-onset skin cancer.

3. Men fry more - Men get sunburned more than women, in part because they're more likely to work outside and in part because they are less likely to wear sunscreen or protective clothing, studies find. Men over 40 have the highest exposure to the sun's harmful rays — ultraviolet radiation, according to the Skin Cancer Foundation. While both men and women bare their bodies in equal numbers recreationally, "Men are more likely to get occupational sun exposure than women," says Alan Geller of the Boston University School of Medicine. No surprise then: About 60 percent of people diagnosed with melanoma, the most deadly form of skin cancer, are white men over 50.

4. Suntans are not healthy - UV rays fry inner layers of your skin, causing your body to release more melanin pigment to darken the outer layers as a protective measure. Tans lead to wrinkles, however, and they do not protect against skin cancer. Naturally darker skin offers some protection. So melanoma is less common in African-Americans, Latinos, and Asians, but it is deadlier for them because it is more likely to develop undetected. Tanning salons are no safe haven! "UV radiation from the sun, tanning beds, or from sun lamps may cause skin cancer", according to U.S. Food and Drug Administration (FDA). "While skin cancer has been associated with sunburn, moderate tanning may also produce the same effect."

5. Sunscreen is no cure-all - The sun sends two types of harmful rays our way: UVA and UVB. Both cause skin cancer, but many sunscreens protect only against UVB. Worse, studies now show that during the day, sunscreen penetrates deeper into your skin, actually allowing the sun to do more damage than if you hadn't applied it. Health experts now recommend reapplying sunscreen every two hours, regardless of what it says on the label. Worse still, according to new research published last month, many sunscreens that had been deemed worthy are in fact ineffective and actually contain harmful chemicals known to penetrate the skin and exit in urine. Amid all the conflicting research, health experts still advise using ample sunscreen with an SPF of at least 30, applying it 30 minutes before going out, and reapplying every two hours.

How to Prevent Heatstroke

Heatstroke is predictable and preventable. Take these steps to prevent heatstroke during hot weather:

- **Wear loose-fitting, lightweight clothing.** Wearing excess clothing or clothing that fits tightly won't allow your body to cool properly.
- **Wear light-colored clothing if you're in the sun.** Dark clothing absorbs heat. Light-colored clothing can help keep you cool by reflecting the sun's rays.
- **Drink plenty of fluids.** Staying hydrated will help your body sweat and maintain a normal body temperature.
- **Take extra precautions with certain medications.** Be on the lookout for heat-related problems if you take medications that can affect your body's ability to stay hydrated and dissipate heat.
- **Never leave children, pets or anyone else in a parked car.** This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees F (more than 6.7 C) in just 10 minutes. It's not safe to leave a person inside a parked car in hot weather for any period of time, even if the windows are cracked or the car is in the shade. When your car is parked, keep it locked to prevent a child from getting inside.
- **Take it easy during the hottest parts of the day.** If you can't avoid strenuous activity in hot weather, follow the same precautions and rest frequently in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening. Taking breaks and replenishing your fluids during that time will help your body regulate your temperature.
- **Get acclimatized.** Limit the amount you spend working or exercising in the heat until you're conditioned to it. People who are not used to hot weather are especially susceptible to heat-related illness, including heatstroke. It can take several weeks for your body to adjust to hot weather.
- **Be cautious if you're at increased risk.** If you take medications or have a physical condition that increases your risk of heat-related problems, avoid the heat and act quickly if you notice symptoms of overheating. If you participate in a strenuous sporting event or activity in hot weather, make sure there are medical services at the event in case a heat emergency arises.



Stay Hydrated...drink water!

Water is one of the most important components of our daily diets. Water helps lubricate internal surfaces, flushes toxins through the kidneys, transports nutrients throughout the body, maintains healthy blood pressure, regulates body temperature and sustains healthy vital organs.

Dehydration can happen at any time of the year in any weather condition. Summer heat seems to bring on more instances of dehydration due to larger losses of body fluid through sweating. Be conscious of the following **symptoms** to help prevent or treat dehydration:



- Dry mouth
- Headache
- Nausea/Vomiting
- Irritability/

- Decreased urination
- Constipation
- Dizziness
- Fever/Delirium

The National Institute of Medicine recommends about 3 liters of fluid for males and 2 liters for women. This includes all beverages like coffee, juice, water, tea, milk etc. Additional fluid may be needed but can generally be found in the moisture of foods. The general recommendation for eight 8 oz glasses of water per day converts to about 1.9 liters. This amount would be sufficient for most women, males need slightly more. Exercise and excessive sweating cause extra water loss and create higher fluid needs. Be sure to maintain proper hydration before, during and after strenuous exercise, especially in the summer heat. When hydrating in the summer heat, water is your best option.

Resource: For more information visit EatDrinkBetter.com

Try Infused Water

Orange Spritzer

- Add fresh cut oranges to pitcher
- Add half a lime sliced
- Thinly slice about 1/2 an inch of fresh ginger root
- If you want to add bubbles you can add a dash of club soda.

Strawberry and Kiwi

- Box of Strawberries
 - 6 Kiwi's
 - A few fresh mint sprigs (optional)
- Slice kiwi fruit in to round shapes (width wise)
Slice strawberries and take off the tops. If you would like add a few mint sprigs.

Fill your favorite pitcher with water and desired fruit. Allow to chill for at least two hours to allow the flavors of the fruit to infuse the water. Fill glasses with ice and serve. For more delicious recipes, go to <http://www.infusedwaterrecipes.com>.



Fatigue-zapping Tips That Really Work by WebMD

Increase Your Magnesium Intake

Eating a balanced diet can help ensure your vitamin and mineral needs are met. But if you still find yourself too pooped to pop, you could have a slight magnesium deficiency, Heller says.

"This mineral is needed for more than 300 biochemical reactions in the body, including breaking down glucose into energy," Heller says. "So when levels are even a little low, energy can drop."

In a study done at the Department of Agriculture's Human Nutrition Research Center in Grand Forks, N.D., women with magnesium deficiencies had higher heart rates and required more oxygen to do physical tasks than they did after their magnesium levels were restored. In essence, their bodies were working harder which, over time, says Heller, can leave you feeling depleted.

The recommended daily intake of magnesium is around 300 milligrams for women and 350 milligrams for men. To make sure you're getting enough, Heller suggests:

- Add a handful of almonds, hazelnuts or cashews to your daily diet.
- Increase your intake of whole grains, particularly bran cereal.
- Eat more fish, especially halibut.

Walk Around the Block

While it may seem as if moving about when you feel exhausted is the quickest route to feeling *more* exhausted, the opposite is true. Experts say that increasing physical activity -- particularly walking -- increases energy.

In experiments conducted by Robert Thayer, PhD, at California State University, a brisk 10-minute walk not only increased energy, but the effects lasted up to two hours. And when the daily 10-minute walks continued for three weeks, overall energy levels and mood were lifted.

Don't Skip Breakfast -- or Any Other Meal

Studies show that folks who eat breakfast report being in a better mood, and have more energy throughout the day.

Her personal theory, she says, is that breaking the fast soon after rising supplies your body with a jolt of fuel that sets the tone for the whole day. Moreover, studies published in the journal *Nutritional Health* found that missing any meal during the day led to an overall greater feeling of fatigue by day's end.

Reduce Stress and Deal With Anger

One of the biggest energy zappers is stress, says psychologist Paul Baard, PhD. "Stress is the result of anxiety, and anxiety uses up a whole lot of our energy," says Baard, a sports psychologist at Fordham University in the Bronx, N.Y.

Like worry or fear, Baard says, stress can leave you mentally and physically exhausted -- even if you've spent the day in bed. More commonly, he says, low but chronic levels of stress erode energy levels, so over time you find yourself doing less and feeling it more. In much the same way, unexpressed anger can give a one-two punch to your energy level. The reason: "We're expending all our energy trying to contain our angry feelings, and that can be exhausting," Baard tells WebMD. The good news, says Baard, is that we can counter these energy killers by programming more relaxation activities into our day. While for many folks, increasing exercise burns off the chemical effects of stress and anger, others find relief in quiet pursuits: listening to music,



Quinoa Fruit Salad

Curious about quinoa or are you already a devotee? This ancient Peruvian crop, pronounced keen-wa, is not only one of the best protein alternatives and sources of magnesium, folate and manganese, but a powerful tool to prevent a variety of ailments and disorders. I just made this dish for a Memorial Day BBQ I attended and everyone loved it!!! Plus with all the colors from the fruit it looks so festive. (Any fruit you have will do: grapes, raspberries, kiwi, etc.

Recipe
Corner



Ingredients:

1 cup cooked quinoa (I used Red Quinoa)
1 1/2 cups blueberries
1 1/2 cups sliced strawberries
1 1/2 cups chopped mango

For Honey Lime Dressing:

Juice of 1 large lime
3 tablespoons honey
2 tablespoons finely chopped fresh

Directions:

Cook your quinoa according to package directions. Let it cool to room temperature.
To make dressing: In a medium bowl, whisk the lime juice, honey and mint together until combined.
In a large bowl, combine quinoa and fruit. Pour honey lime dressing over top and mix until combined. Garnish with additional mint swag if desired. Serve at room temperature or chilled.



National Men's Health Month

Men's "Tune-up" Schedule



Chances are you get your car tuned regularly, never skip an oil change, and keep it buffed and polished till it sparkles. But are you taking such good care of yourself? Almost 70 percent of men find it easier to care for their cars than for their personal health, according to findings from a new survey of 501 men ages 45-65. The survey was commissioned by Men's Health Network and Abbott (NYSE: ABT). In addition, more than 40 percent reported they would be more likely to address issues with their car than their health. As a result, some men may be ignoring the symptoms of certain health conditions because they are reluctant to visit the doctor, the survey found.

Busy lives and work schedules often prevent us from seeking routine preventive care. But evidence-based preventive medicine is cost-effective and reduces the risk of illness and disease. Cars get routine check-ups, but for our bodies, the most precious thing we have, we wait for symptoms. Unfortunately, most diseases are far advanced by the time one gets symptoms. And even more unfortunate, sometimes those symptoms are even

IGNORED. So men, why is it that you rarely take it upon yourselves to visit the doctor for routine medical tests without prodding from your mom, wife or girlfriend. Preventative care involves not only getting the appropriate health exams needed for your age, health risks and preferences, but regular exercise, proper diet and quitting smoking could save your life! Here is a general "tune-up" list for men to keep in mind as they age. Don't wait for the symptoms to come. Just as you schedule your car for a "routine check up", schedule yourself for one. Your body and your life depends on it!

Screening tests	Ages 19-39	Ages 40-49	Ages 50-64	Ages 65 and older
General health: Full checkup, including weight and height. In addition to the screening tests and immunizations mentioned in this chart, use this checkup to ask about health topics such as: • Overweight and obesity • Tobacco use • Alcohol use • Depression • Testicular health • Skin and mole exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
HIV test	At least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	At least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	At least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	Discuss with your doctor or nurse.
Heart health: Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Abdominal aortic aneurysm screening				Discuss with your doctor or nurse.
Diabetes: Blood glucose or A1c test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years.	Every 3 years	Every 3 years
Prostate health: Prostate specific antigen (PSA) test with or without digital rectal exam		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Reproductive health: Sexually transmitted infection (STI) tests	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Colorectal health: Many tests can screen for colorectal cancer.			Talk to your doctor or nurse about which test is best for you and how often you need it.	Talk to your doctor or nurse about which test is best for you and how often you need it.
Eye and ear health: Comprehensive eye exam	Discuss with your doctor or nurse.	Get a baseline exam at age 40, then every 2-4 years or as your doctor advises.	Every 2-4 years until age 55, then every 1-3 years until age 65, or as your doctor advises.	Every 1-2 years
Hearing screening	Starting at age 18, then every 10 years	Every 10 years	Every 3 years	Every 3 years
Oral health: Dental and oral cancer exam	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.