



## June 2011 is "Sun Safety Month" at the State Employees' Insurance Board (SEIB) Wellness Center and Pharmacy

### Why Play it Safe in the Sun?

The sun radiates light to the earth, and part of that light consists of invisible ultraviolet (UV) rays. Repeated unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and skin cancer. Here are some facts you might not know about skin cancer:

- ❖ Skin cancer is the most common cancer in the United States, with more than two million people being diagnosed each year.
- ❖ Melanoma is the second most common form of cancer for young adults 15-29 years old.
- ❖ Each year there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon.
- ❖ Ultraviolet (UV) radiation from the sun is the cause of 90% of all skin cancers.



Conduct a monthly skin self-exam looking for any abnormalities (like bumps or sores that don't heal) or moles that have changed size, color or shape. A new or changing skin lesion should be evaluated by a physician.

### Wellness Center Hours:

Monday-Wednesday, Friday  
8:00 am to 5:00 pm  
Thursday  
9:00 am to 5:00 pm

### Pharmacy Hours:

Monday-Wednesday, Friday  
7:30 am to 5:30 pm  
Thursday  
9:00 am to 5:30 pm



All active employees covered under the State Employees' Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Each wellness plan year is December 1 through November 30 and every active employee must be screened. Don't delay; visit the Wellness Center today for your free health screening. Walk-ins welcome!

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

NOTE: Only Group 13000 members may purchase **prescription** drugs.

The SEIB Pharmacy offers **FREE NEXT DAY** delivery for your prescriptions!

To assure next day delivery, requests must be received **before** 3:00 PM.

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services. Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

[rx@alseib.org](mailto:rx@alseib.org)

[www.alseib.org](http://www.alseib.org)

## Types of Skin Cancer

Most skin cancers are classified as non-melanomas, usually starting in either **basal cells** or **squamous cells**. Most non-melanoma skin cancers develop on sun-exposed areas of the body, like the face, ears, neck, lips, and the backs of the hands. Depending on the type, they can be fast or slow growing, but they rarely spread to other parts of the body.

**Basal cell or squamous cell cancers are highly likely to be cured if detected and treated early.**

**Melanoma** is a cancer that begins in the melanocytes – the cells that produce the skin coloring or pigment known as melanin. Melanin helps protect the deeper layers of the skin from the harmful effects of the sun.

Melanoma is almost always curable when it is detected in its early stages. Although melanoma accounts for only a small percentage of skin cancer, it is far more dangerous than other skin cancers and causes most skin cancer deaths.

## Risk Factors for Skin Cancer

Risk factors for non-melanoma and melanoma skin cancers include:

- ❖ Excessive sun exposure
- ❖ Fair skin
- ❖ Family history
- ❖ Multiple or atypical moles
- ❖ History of sunburns
- ❖ Older Age

## Tips for Skin Cancer Prevention

The best ways to lower the risk of non-melanoma skin cancer are to avoid intense sunlight for long periods of time and to practice sun safety. You can continue to exercise and enjoy the outdoors while practicing sun safety at the same time. Here are some ways you can do this:

**Seek shade:** Look for shade, especially between 10 a.m. and 4 p.m. when the sun's rays are strongest. Practice the shadow rule; if your shadow is shorter than you, the sun's rays are at their strongest.

**Cover up:** Wear protective clothing to shield skin from harmful UV rays. Choose tightly woven fabrics that you cannot see through when held up to a light. Cover your head with a wide-brimmed hat, shading your face, ears, and neck. Wear sunglasses with 100% UV absorption to provide optimal protection for the eyes and the surrounding skin.

**Apply sunscreen:** Choose a sunscreen with a Sun Protection Factor (SPF) of at least 30 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Apply a generous amount of sunscreen (about a palmful) 15 to 30 minutes before going outside and re-apply every 2 hours, even on cloudy days, and after swimming or sweating.

**Double-Check Medications:** Some medications increase the skin's sensitivity to UV rays. Ask your doctor or pharmacist if any prescription (especially antibiotics and acne medications) and over-the-counter medications can increase sun sensitivity.

### References:

1. American Academy of Dermatology: *Facts about Sunscreen*
2. The Skin Cancer Foundation: *Skin Cancer Facts*