

July 2012: Safety for “Fun in the Sun”

At the State Employees’ Insurance Board (SEIB)
Wellness Center and Pharmacy



Slip, Slap, Slop, Wrap!

- SLIP ON A SHIRT
- SLAP ON A HAT
- SLOP ON SUNSCREEN
- WRAP ON SUNGLASSES TO PROTECT THE EYES



Wellness Center Hours:

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

(334) 263-8470



Pharmacy Hours:

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

(334) 263-8460

All active employees covered under the State Employee’s Health Insurance Plan (Group 13000) are eligible for a wellness premium discount. Every active employee must be screened each year. Don’t delay! Schedule your appointment online and come visit the State Wellness Center today for your free health screening!

We can help you become more involved in your treatment and a more knowledgeable patient. Let us educate you on your medications and help you monitor your health conditions more closely. Call today to set up your FREE visit with a pharmacist here at the State Wellness Center.

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! *Requests must be received by **3 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

www.alseib.org

What is Skin Cancer?

Skin cancer is the abnormal growth of skin cells which most often develops in areas highly exposed to the sun; however, it can occur in areas not exposed to sunlight.

3 major types of skin cancer

1. Basal cell carcinoma
 - The most common form of cancer in the United States
 - Starts in the top layer of the skin
 - Grows slowly and is usually painless
2. Squamous cell carcinoma
 - Occurs on the face, ears, neck, hands, or arms
 - Main symptom: growing bump that may have a rough, scaly surface
3. Melanoma
 - Most dangerous type; leading cause of death from skin disease
 - Changes in cells called melanocytes which produce a skin pigment called melanin which is responsible for skin and hair color
 - Risk increases with age

Skin Cancer Risk Factors

- High levels of exposure to ultraviolet (UV) light
- Lighter natural skin color
- History of sunburns
- History of indoor tanning (tanning bed use)
- History of skin cancer
- Older age

Tips for Prevention

Protection from the sun is something that should become part of your daily routine. Many people do not know that UV light can be harmful all year long, even on cloudy, hazy days. During the hours of 10am to 4pm is when the UV light is most harmful and special precautions should be taken.

Below are easy, convenient methods to protect yourself and your family from UV light. Just remember SLIP, SLAP, SLOP, and WRAP.

SLIP on a Shirt: The best type of clothing to protect yourself from the harmful UV light is loose-fitting long-sleeved shirts and long pants. Darker colored and/or dry cloths will offer more protection than light colored and/or wet cloths. However, in the summer months these types of cloths are often impractical. So when it's too hot outside try to at least wear a t-shirt or beach cover-up to provide some protection. Also, keep in mind a typical cotton t-shirt has a SPF rating less than 15; therefore, other methods of protection from UV light are necessary.

SLAP on a Hat: A wide-brimmed hat that covers the back of your neck and ears will provide the most protection. When selecting a hat, keep in mind that tightly woven material, such as canvas, will provide better protection for your skin. Try to avoid straw hats that allow some light through. Also, dark colored hats are preferred over light colors. If you decide to wear a baseball hat, make sure to protect the areas not covered, such as your ears and neck. You can protect your ears and neck by wearing clothing that will cover these areas, apply sunscreen, or try to stay in the shade.

SLOP on some Sunscreen: Most people are unaware that the UV light can damage your skin in less than 15 minutes. Over time this damage can lead to wrinkles and skin cancer. So it's important to remember to apply a thick layer of sunscreen on all parts of exposed skin before enjoying the outdoors.

When selecting the type of sunscreen to use, always make sure the product has broad spectrum protection which will block both UVA and UVB light from causing damage to your skin. SPF is a number that rates the effectiveness in blocking UV light. The higher the number, the more protection the sunscreen will provide. It is recommended that you use at least a SPF of 15 or higher, with most pharmacists recommending a SPF of 30 to provide the most protection.

Always apply your sunscreen at least 15 minutes before sun exposure. Reapply every 2 hours and/or after you swim or do activities that make you sweat. Some individuals with fair skin complexion may need to apply more often because they tend to burn more easily.

The last important fact to remember about sunscreen is that most have a shelf-life of about 3 years. So, before you use your sunscreen make sure that it has not expired. Expired sunscreens will not provide the same protection from UV light.

WRAP on Sunglasses: In addition to being harmful to your skin, UV light can also be harmful to your eyes leading to cataracts. Wearing sunglasses can reduce your risk for the development of cataracts.

The ABCD's for Moles

Often the first sign of skin cancer is a mole. That being said, not every mole is skin cancer. It is important to know which moles should be examined by your doctor and which moles are okay. To know if you need to get a mole checked out by your doctor, just follow your ABCD's.

A (Asymmetry): Most moles are symmetrical, meaning that if you were to draw a line down the center of the mole both sides would be mirror images of each other. Those moles that are asymmetrical or not mirror images of each other need to be looked at by your doctor as they could be cancerous.

B (Border): A normal mole will have a defined border while a mole that is irregular will have either a notched, uneven, or blurred border. These moles are more likely to be cancerous and should be examined by your doctor.

C (Color): Watch for moles that have various different shades of color, such as browns, reds, whites, and/or blacks. Moles with varying different shades are suspicious and should be checked by your doctor.

D (Diameter): The diameter or size of the mole is also an important sign to indicate it may be cancerous. If the size of the mole is larger than a pencil eraser (>6mm) and/or if the mole is slowly growing larger in size, then it needs to be examined by your doctor.

Remember ... just because your mole has some of these characteristics does not mean you have skin cancer, rather it is considered a sign for further testing.

Resources:

Skin Cancer Prevention Tips [Internet]. National Council on Skin Cancer Prevention; 2010 [cited 2012 June 19]. Available from: <http://www.skincancerprevention.org/skin-cancer/prevention-tips>

Division of Cancer Prevention and Control, National Center for Chronic Disease Prevention and Health Promotion. Skin Cancer: Prevention [Internet]. Atlanta (GA): Center for Disease Control and Prevention; 2011 Aug. 10 [updated 2011 Nov. 30; cited 2012 June 19]. Available from: http://www.cdc.gov/cancer/skin/basic_info/prevention.htm

ABCD's of Melanoma [Internet]. La Jolla (CA): American Melanoma Foundation; 2006 [cited 2012 June 19]. Available from: <http://www.melanomafoundation.org/prevention/abcd.htm>