

June's Topic: Skin Cancer Awareness

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HEALTHCARE CLINIC HOURS:

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

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PHARMACY HOURS:

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

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May is Skin Cancer Awareness Month!

Skin Cancer Facts:

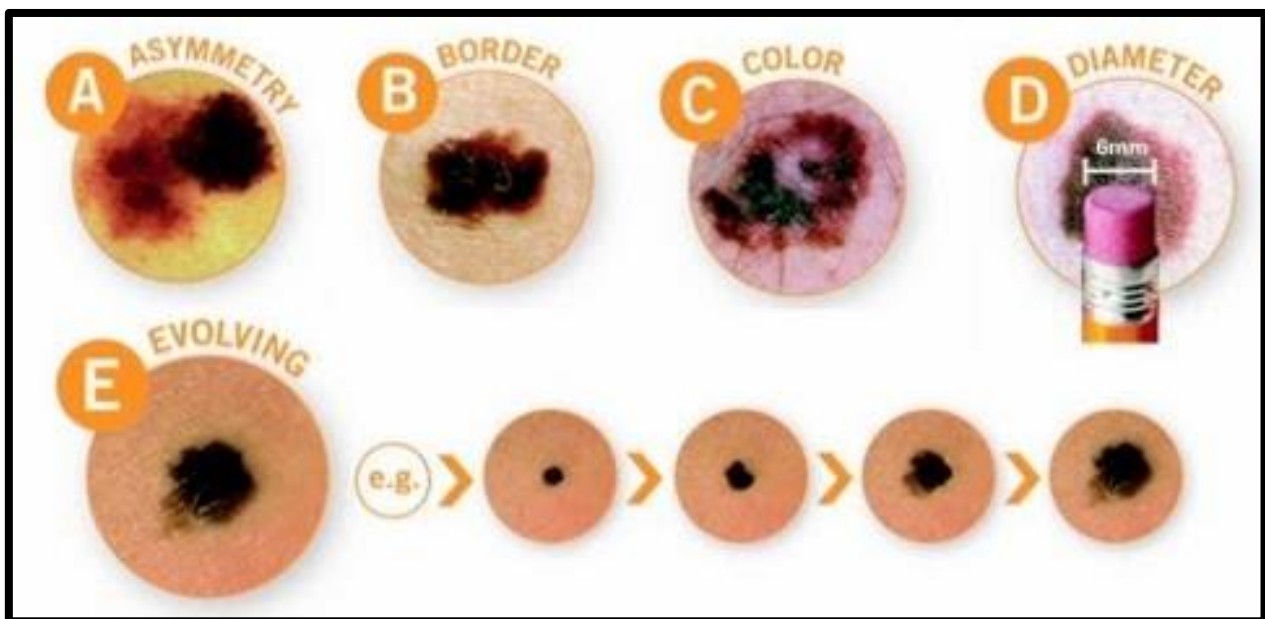
- Skin cancer is the growth of abnormal skin cells.
- It is the most common cancer; more common than breast, prostate, lung and colon cancers combined.
- 1 in 5 Americans will develop skin cancer in their lifetime.
- Ultraviolet (UV) radiation is a major risk factor for developing skin cancers.
 - Risk doubles if you have had more than 5 sunburns.
- UV rays are present in sunlight and tanning beds.
- They include UVA and UVB rays.
 - UVA rays cause long-term skin damage, wrinkles and skin cancer.
 - UVB rays cause most sunburns and skin cancers.

Risk Factors for Skin Cancer

- Personal or family history of skin cancer.
 - Presence of numerous moles, including large moles or irregularly shaped moles.
 - Freckles or burning after sun exposure.
 - People with fair skin, blond or red hair, or blue or green eyes.
 - People who spend a lot of time indoors and are then exposed to the sun.
 - Medications that may increase your sensitivity to the sun:
 - Antifungals
 - Some antibiotics
 - Bactrim, levofloxacin, and ciprofloxacin
 - Some medications that treat high blood pressure
 - Hydrochlorothiazide, furosemide, lisinopril, amlodipine
 - Antidepressants
 - Bupropion, amitriptyline
-

How to Examine Your Skin:

- Look at your skin in a room with good lighting in front of a full-length mirror.
- Ask a friend or spouse to look at hard to see places, such as your back and the top of your head.
- Look for places that have changed or seem irregular.
- Use the “**The ABCDE Rule**” to look for spots that seem irregular:



- **Asymmetry**: Are the sides different?
 - **Border**: Is the border irregular, ragged, or blurred?
 - **Color**: Is it multiple colors?
 - **Diameter**: Is it larger than the size of a pencil eraser?
 - **Evolving**: Is the size, shape, and/or color changing?
- Self examination should be performed in addition to an annual dermatology exam by a healthcare provider.

Protect Yourself from the Sun!

- Limit your sun exposure, especially during the hours of 10am to 4 pm.
 - Remember that you can still get sun burned even if it is cloudy outside!
- Slip on a shirt!
 - Wearing clothing is our first line of defense. The more skin you cover the better.
- Slop on some sunscreen!
- Slap on a hat to protect your scalp!
- Seek shade!
 - Caution: Shade can help limit sun exposure, but UVB rays can still reach the skin indirectly.
- Slide on some sunglasses to protect your eyes!



Protect yourself in five ways from skin cancer

Choosing and Applying Sunscreen:

- Choose a broad spectrum (UVA + UVB protection) sunscreen with SPF 30 or higher.
 - Sunscreens with zinc oxide or titanium dioxide provide a physical barrier.
- Remember to check the expiration date before using!
- Apply enough sunscreen to completely cover each limb or area of the body exposed to the sun.
- Reapply sunscreen every 2 hours.
- Reapply more frequently if sweating or swimming, even if it is a waterproof sunscreen!

References

1. Skin Cancer Facts [Internet]. Atlanta: American Cancer Society; c2013. 2013 Mar 25 [cited 2015 May 19]; [about 2 screens]. Available from: <http://www.cancer.org/cancer/cancercauses/sunanduvexposure/skin-cancer-facts>
2. Skin Cancer Prevention and Early Detection [Internet]. Atlanta: American Cancer Society; c2013. 2013 Jan 25 [cited 2015 May 19]; [about 2 screens]. Available from: <http://www.cancer.org/acs/groups/cid/documents/webcontent/003184-pdf>
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4. Cancer Counsel Queensland [Internet]. Spring Hill: Cancer Counsel Queensland; c2009. 2013 Nov [cited 2015 May 19]; [about 2 screens]. Available from: <http://www.cancerqld.org>



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Please let us know how we are doing by filling out a survey at the following link:

https://auburn.qualtrics.com/SE/?SID=SV_3DXRXyUp8KC7Lzn

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State Wellness Center

101 S. Union Street
Montgomery, AL 36104

All active employees, covered spouses of active employees, non-Medicare retirees and covered non-Medicare spouses of retirees that use the State Employees' Health Insurance Plan (Group 13000) as their primary insurance plan are eligible for a wellness premium discount. Each wellness plan year is November 1 through October 31.

SEIB and Local Government employees along with SEIB retirees are able to use the State Wellness Center Pharmacy. The pharmacy offers various over the counter products at discounted prices and a **free medication delivery service**. Delivery can be provided to the patients located in Montgomery. Please designate which site you would like your medication delivered to, and if it is to your residence someone must be available at the home to receive the delivery.

State Wellness Center Healthcare Clinic

The SEIB clinic has a quality healthcare **TEAM** that includes nurse practitioners, an ambulatory care pharmacist, a physician, and nurses who work closely together to take care of your health and wellness needs.

Services Include:

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out of pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Immunizations & injectable medications
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management