

# Wellness News

July 2022

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**“Those who bring sunshine into the lives of others cannot keep it from themselves.”** – James M. Barrie



# Protect Yourself from Skin Cancer

Skin cancer is the most common form of cancer in the United States, but it is also the most preventable. Since more than 90% percent of all skin cancers are caused by sun exposure, taking simple steps to protect yourself can make a big difference.

## Know Your Risk

- People with light-colored skin that freckles easily, blond or red hair, or blue or green eyes are more likely to get skin cancer.
- If work or hobbies keep you outside in the sun, risk is greater.
- Southern parts of the country are closer to the equator and get more sun, so those who live in these areas are at a greater risk for skin cancer.
- You're more likely to get skin cancer if you used tanning beds, had serious sunburns early in life or have had skin cancer before. Your risk is also higher if you have a weakened immune system for any reason including chemotherapy, organ transplant, lymphoma or HIV/AIDS.
- If one of your parents, siblings or children has had certain types of skin cancer, you have a 50% greater chance of developing it also. If it was a grandparent, aunt, uncle, niece or nephew, there is also an increased risk.

## Know the Warning Signs

The good news is that skin cancer can be cured, especially when found early. An annual exam by a dermatologist is a key part of an early detection strategy. Signs of a problem include:

- An open sore or bump that itches, bleeds, crusts over and then repeats for more than three weeks.
- A red, irritated patch on the skin.
- A shiny bump of any color.
- A pink growth with an elevated border and a crusted indentation in the center or a growth that looks like a wart.
- A scar-like area where the skin is shiny and tight.
- Asymmetry, uneven borders, more than one color, large diameter or changes to moles — these are the signs of melanoma, the most dangerous form of skin cancer.

## Protect Yourself

The best way to prevent skin cancer is to avoid spending a lot of time in the sun. Protect your skin by staying inside or in the shade between 10 a.m. and 4 p.m., when ultraviolet rays are the strongest and most damaging. Wear sunscreen that offers ultraviolet A (UVA) and ultraviolet B (UVB) protection, with a sun protective factor (SPF) of 15 or higher every time you go outside.

Be sure to put on more sunscreen at least every two hours and whenever you have gone swimming or dried off with a towel or when you've been sweating a lot — even if your sunscreen is waterproof. Wear protective clothing, including a wide-brimmed hat and wraparound sunglasses that block as close to 100% of UVA and UVB rays as possible.

# Healthy Choices

Time spent amongst trees is never wasted time. ~ Katrina Mayer



## Park and Recreation Month

### July is National Park and Recreation Month!

This July, we are celebrating the many health benefits of outdoor parks and recreation activities in honor of National Park and Recreation Month. National Park and Recreation Month highlights the important role local parks and recreation activities play in keeping our communities strong and healthy. During the month of July, we encourage people of all ages to get active outdoors!

Since 1985, people in the United States have celebrated Park and Recreation Month in July to promote building strong, vibrant and resilient communities through the power of parks and recreation and to recognize the more than 160,000 full-time park and recreation professionals — along with hundreds of thousands of part-time and seasonal workers and volunteers — that maintain our country's local, state and community parks.

Living close to parks and other recreation facilities is consistently related to higher physical activity levels for both adults and youth. Moreover, parks provide a connection to nature, which studies demonstrate relieves stress, strengthens interpersonal relationships and improves mental health.



### The Benefits of Massage

Did you know that July 10 – 16, 2022 is **Everybody Deserves a Massage Week**? Let's look at the top five health benefits of regular massage therapy.

**Lower stress:** The long-term effects of stress can take emotional and physical tolls. Massage may relieve stress and associated conditions, such as tension headaches.

**Increase immune function:** Medical research indicates that massage therapy can help boost immune system strength by increasing the activity level of the body's natural "killer T cells," which fight off viruses.

**Boost mental health and wellness:** Research suggests that symptoms of stress, anxiety and depression may be directly affected by massage.

**Manage pain:** Pain can negatively affect quality of life and impede recovery from illness or injury. Recent findings highlight the role of massage in pain management.

**Improve physical fitness:** Elite and recreational athletes alike can benefit from massage therapy—massage can reduce muscle tension, improve exercise performance and prevent injuries.



# Grilled Chicken Fajita Kebobs

Recipe adapted from *Fit Foodie Finds*.

*Summer is here! With this recipe, you've got your favorite fajita flavors and fixings all in one kebab. It is efficient, easy, delicious, and clean up is a breeze!*

**Prep time:** 20 minutes **Servings:** 4

## Ingredients:

- 3 boneless skinless chicken breasts
- 3 large bell peppers
- 1 medium red onion
- 1 tsp olive oil
- 1 tsp ground cumin
- 1 tbsp garlic powder
- 1 tbsp chili powder
- 2 tsp paprika
- 1 lime, cut into wedges
- Fresh cilantro, chopped
- Salt and pepper to taste

## Directions:

1. Preheat grill to 400°F. Prepare the veggies by slicing into squares. Transfer into a gallon-sized bag and add a tablespoon of olive oil. Shake.
2. Prepare chicken breast by slicing into squares (make sure they're all around the same size) and transfer into another gallon-sized bag.
3. In a small bowl, mix all the spices to create your rub. Add half to the veggies and the rest to the chicken. Shake well and let sit for 10 min.
4. Place peppers, onion, and chicken on the skewers. Spray the grill with cooking spray and grill the kebobs for around 15 minutes, rotating every 5 minutes.
5. Remove from heat and squeeze on lime juice (*this part is key!*) and sprinkle on fresh cilantro. Enjoy!



## Keep your family healthy this summer!

Ah, summer. Fun for kids, panic for parents. It's a break from everyone's usual routine, and that can be both good and not so good. Less structure can lead to boredom and unhealthy snacking. Here are a few ideas to keep kids healthy and active over summer vacation.

### Ideas for eating healthy

With a little prep, you can make it easy for your kids to choose a healthy snack:

- Pre-cut veggies
- Pretzels or tortilla chips with hummus
- Fresh fruit chunks or smoothies
- Half a banana with nut butter
- Make your own popsicles!

### Ideas to stay active

- Encourage your kids to ride bikes or play outside with friends
- Find a recreational sports league that is in session during the summer
- Cool down at the pool or waterpark
- Take a quick break for a family walk
- Build an obstacle course – get creative with objects from around your home
- Help your children make reading a daily habit – children learn when their brain is active

Source: <https://www.riversidemedicalclinic.com/get-creative-tips-keep-family-busy-healthy-summer/>