

# **Bartley Center Wellness News – 65**

**May 15, 2006**

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Wellness News quiz:

1. There are over one million new cases of skin cancer diagnosed in the U.S. each year, outnumbering all other cancers combined. True/False
2. Write checks with a gel pen. Gel ink is much harder for a thief to wash off and forge a stolen check. True/False
3. On a bike you always ride in the same direction as traffic. True/False
4. Who said - "Try to learn something about everything and everything about something."

Answers are below in the reading material.

## **1.MAY - SKIN CANCER AWARENESS MONTH**

### **Protect Your Skin From Too Much Sun**

There are over one million new cases of skin cancer diagnosed in the U.S. each year, outnumbering all other cancers combined. Whether you are spending the day at the beach or outside working in your yard, fishing, hiking, engaging in a sport, going on a picnic or attending a baseball game, protect your skin from the sun. Overexposure to the sun's ultraviolet rays can lead to skin cancer. Ultraviolet (UV) rays are a part of sunlight that is an invisible form of radiation. UV rays can penetrate and change the structure of skin cells. There are three types of UV rays: ultraviolet A (UVA), ultraviolet B (UVB), and ultraviolet C (UVC). UVA is the most abundant source of solar radiation at the earth's surface and penetrates beyond the top layer of human skin. Scientists believe that UVA radiation can cause damage to connective tissue and increase a person's risk for developing skin cancer.

- UVB rays are less abundant at the earth's surface than UVA because a significant portion of UVB rays is absorbed by the ozone layer. UVB rays penetrate less deeply into the skin than do UVA rays, but also can be damaging.
- UVC radiation is extremely hazardous to skin, but it is completely absorbed by the stratospheric ozone layer and does not reach the surface of the earth.

Here are some valuable tips from the American Cancer Society and the National Council on Skin Cancer Prevention to protect your skin from sun damage:

- Cover up as much as possible with a wide-brimmed hat and tightly woven long-sleeved shirt and pants.
- Wear sunglasses that block 99% to 100% of UVA and UVB radiation.
- Use sunscreen of SPF 15 or higher and apply at least 20 minutes before you go outside. Choose a sunscreen that provides “broad-spectrum” protection against UVA and UVB radiation. Apply liberally. Reapply every two hours or more frequently after sweating or being in the water. Remember to check the expiration date on your sunscreen.
- Use lip balm with sunscreen.
- Limit your exposure to the midday sun between 10 am and 4 pm when the sun’s rays do the most damage. When outside at this time, seek shade whenever possible.
- Protect children from the sun by also following all the recommendations above. Scientists have found a link between sunburn suffered by a child and skin cancer later in life. *Special note:* Do not use sunscreens on babies younger than 6 months. Instead, cover them up with a hat and clothing and shade them from the sun.
- Avoid tanning beds and sun lamps.

## 2. Protect Your Identity

Identity theft continues to be the fastest growing crime in the U.S. It affects hundreds of thousands of Americans each year. Here are some tips to protect your identity:

1. Secure personal information in your home, especially if you have roommates, employ outside help, or are having work done in your home.
2. Don't give out personal information such as your credit card number or bank account number on the phone, through the mail, or on the Internet unless you've initiated the contact or are sure you know whom you're dealing with.
3. Treat your mail carefully. Never put bill payments in your mailbox. Take them and your other mail to a post office or U.S. Mail collection box. Pick up new checks at your bank rather than having them mailed to your home mailbox.
4. Treat your trash carefully. Shred or tear your charge receipts, copies of credit applications, insurance forms, physician statements, checks and bank statements, expired charge cards that you're discarding, and credit offers you get in the mail.
5. Don't carry your Social Security number card in your wallet.
6. Give your Social Security number only when absolutely necessary, and ask to use other types of identifiers.
7. Write checks with a gel pen. Gel ink is much harder for a thief to wash off and forge a stolen check.
8. Photocopy the contents of your wallet, front and back. Then you will know what is missing and who to call in case of theft.

## If Your Identify is Stolen

1. Place a fraud alert on your credit reports, and review your credit reports.  
Contact the toll-free fraud number of any of the three consumer reporting companies below to place a fraud alert on your credit report. You only need to contact one of the three companies to place an alert. The company you call is required to contact the other two, which will place an alert on their versions of your report, too.  
Equifax: 1-800-525-6285; [www.equifax.com](http://www.equifax.com)  
Experian: 1-888-397-3742; [www.experian.com](http://www.experian.com)  
TransUnion: 1-800-680-7289; [www.transunion.com](http://www.transunion.com)
3. Close the accounts that you know, or believe, have been tampered with or opened fraudulently.
4. File a report with your local police or the police in the community where the identity theft took place.
5. File a complaint with the Federal Trade Commission by calling the FTC toll-free Identity Theft Hotline at 1-877-IDTHEFT (1-877-438-4338).

## 3. Riding a Bike

### Here are tips for cyclists and drivers on sharing the road successfully

1. Ride on the right
  - Always ride in the same direction as traffic
  - Use the lane furthest to the right that heads in the direction that you are traveling
  - Slower moving cyclists and motorists stay to the right
2. On the road
  - The same laws that apply to motorists apply to cyclists
  - Obey all traffic control devices, such as stop signs, lights, and lane markings
  - Always use hand signals to indicate your intention to stop or turn to motorists and cyclists
3. Always wear a properly fitting helmet
  - Make sure that the helmet fits on top of the head, not tipped back
  - Always wear a helmet while riding a bike, no matter how short the trip
  - After a crash or any impact that affects your helmet, visible or not, replace it immediately
4. Ride predictably
  - Ride in a straight line and don't swerve in the road or between parked cars
  - Check for oncoming traffic before entering any street or intersection
  - Anticipate hazards and adjust position in traffic accordingly
5. Be visible
  - Wear brightly colored clothing at all times
  - At night, use a white front light, red rear light or reflector and reflective tape or clothing
  - Make eye contact with motorists to let them know you are there

## 4. Quotes:

"People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within." - Elizabeth Kübler-Ross, MD

" Opportunity may knock only once, but temptation leans on the doorbell." - Anonymous

"Have you ever noticed? Anybody going slower than you is an idiot, and anyone going faster than you is a maniac." - George Carlin

" It's not the size of the dog in the fight, it's the size of the fight in the dog." - Mark Twain

"History is the version of past events that people have decided to agree upon." - Napoleon Bonaparte

"Of the seven dwarves, only Dopey had a shaven face. This should tell us something about the custom of shaving. " - Tom Robbins,

" My mother's menu consisted of two choices: Take it or leave it." - Buddy Hackett

"Did you ever notice when you blow in a dog's face he gets mad at you? But when you take him in a car he sticks his head out the window. " - Steve Bluestone

## 5. A Wellness Challenge –

Keep it simple: find and preserve the simplicity in well-being, live healthy by eating healthy and participating in regular, meaningful physical exercise. Not only does it sound simple, it is simple.