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Protect yourself from SUMMER SUN AND SKIN CANCER



By Charlene Nagel, NP

As the weather warms and summer approaches, most people begin spending more time outside in the sunshine.

The sun's rays, although warm and inviting, are also made up of ultraviolet (UV) radiation, which can damage skin. These UV rays are a leading cause of skin cancer and are present even on cloudy days.

Skin cancer is by far the most common type of cancer diagnosed in the United States, accounting for nearly half of all cancer diagnoses. Over the last 30 years, the rates of skin cancer have continued to grow, despite a better understanding of how to prevent it.

Basal cell and squamous cell carcinoma, commonly called non-melanoma skin cancers, are the two most common types of skin cancer. They are generally less aggressive and more easily treated and cured than the third most common type of skin cancer, melanoma. Melanoma is important to diagnose early because if caught early, it usually has a high cure rate. Unfortunately, if melanomas are diagnosed at a later stage, they are often aggressive and cause most of the skin cancer deaths.

Skin cancer risk factors

Your skin cancer risk increases as you age. Fair-skinned people with blond or red hair and light-colored eyes have a higher risk for developing skin cancer.

Other risk factors include:

- Having a personal or family history of skin cancer
- Having a personal history of at least one severe, blistering sunburn, even as a child
- Extended exposure to UV radiation – either sunlight or tanning beds
- Having many moles or large, unusual mole(s)
- Having many freckles
- Exposure to radiation

Skin cancer prevention tips

Since UV radiation is a leading cause of skin cancer, it is important to protect your skin, especially during the summer months when we spend more time outside. It's estimated that about 80 percent of skin cancers can be prevented. There are simple steps that you and your family can take:

- When possible, avoid being outside in direct sunlight between the hours of 10 a.m. and 4 p.m., when the sun's rays are strongest.
- Always apply a broad-spectrum sunscreen with a SPF (sun protection factor) of 30 or higher about 20 minutes before going outside to allow it time to bond with your skin, even on cloudy days. Broad spectrum sunscreen blocks both UV-A and UV-B rays.
- Reapply sunscreen after swimming, perspiring or drying skin with a towel.
- Wear protective clothing, a hat and sunglasses.
- Seek shade and take extra precautions when you're near reflective surfaces, including water and sand, which intensify the sun's rays.

- Say no to tanning beds, which deliver the same damaging UV rays as the sun. In fact, the World Health Organization officially declared tanning beds as carcinogenic (cancer causing), and further reported that people who use tanning beds before age 30 increase their lifetime risk of melanoma, the deadliest form of skin cancer, by 75 percent. The WHO also found that people who use tanning beds are 2.5 times more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal cell carcinoma.

Perform a self-skin exam

Most types of skin cancer can be cured if found and treated early, which is why it is important to perform a monthly self-skin exam. The best time to do a self-skin exam is after a shower or bath. You should check your skin in a well-lighted room using a full-length mirror and a hand-held mirror. It's best to begin by learning where your birthmarks, moles, and blemishes are and how they usually look and feel.

1. Examine your body front and back in the mirror, then right and left sides with arms raised.
2. Bend elbows and look carefully at forearms and upper underarms and palms.
3. Look at the back of the legs and feet; spaces between toes and soles of the feet.
4. Examine the back of your neck and scalp with a hand mirror. Part hair for a closer look.
5. Finally, check back and buttocks with hand mirror.

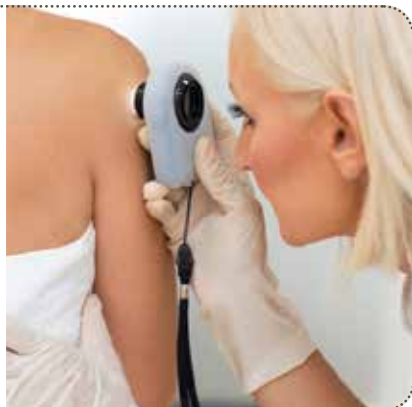
The first sign of melanoma, the most serious type of skin cancer, is often a change in the appearance of a mole or mark on the skin.

Think of **ABCDE** when performing a self-exam :

- **A**symmetry. One half of the mole does not match the other half.
- **B**order irregularity. The edges are often ragged, notched, blurred, or irregular in outline. The pigment may spread to surrounding skin.
- **C**olor is uneven. Shades of black, brown, and tan may be present. Areas of white, grey, red, pink, or blue also may be seen.
- **D**iameter. The mole is bigger than 6 millimeters, about the size of a pencil eraser (although, some skin cancers can be smaller).
- **E**volving. The mole's shape or edges have changed. The mole itches, bleeds, oozes or is tender to the touch. The mole has grown or become more raised.

Talk to your doctor

Be sure to practice sun safety this summer, including performing a monthly self-skin exam. If you or a loved one notices any changes to your skin, talk to your doctor immediately, or call Lodi Community Care Center at 330.948.9972 to make an appointment.



SOAP BOX DERBY SENIOR DAY

Seniors from Northeast Ohio are invited to Derby Downs for Soap Box Derby Senior Day, presented by Cleveland Clinic Akron General.

Ticket includes a trip down Derby Downs in an adult Soap Box Derby car, as well as access to health screenings and information tables. Complimentary lunch will be served between 11 a.m. and 3 p.m.

When | Thursday, Aug. 30

Time | 10 a.m. - 4 p.m.

Where | Soap Box Derby

789 Derby Downs Drive, Akron

Cost | \$14

Tickets go on sale April 23 at Akron General Health & Wellness Centers, Akron area AAA branch offices and the Soap Box Derby Headquarters office.

For more information, call 330.733.8723 ext. 20.

For your good health

LODI HOSPITAL WANTS YOU TO GET OR KEEP YOU HEALTHY BY OFFERING PROGRAMS AND EVENTS THAT ARE FUN AND EDUCATIONAL.

COMMUNITY TALK: MEET DR. GUPTA

Meet Mohinder Gupta, MD, and learn about the new ophthalmology services offered at Lodi Hospital. He will also discuss treatment options of cataracts, glaucoma and diabetic retinopathy. RSVP by June 12.

When | June 14

When | 6 p.m.

Where | Lodi Hospital, Cafeteria

Cost | Free

Call | 330.948.5544.

SUGAR SCHOOL

Want to know what to eat to help control your blood sugar and lose weight? Sugar School will teach you in just one night. Reservations are required.

When | Aug. 9

Time | 7-9 p.m.

Where | Lodi Hospital

Cost | \$20 per person, \$30 per couple

Call | 330.948.5546

GOOD HEALTH IN STORE:

SUPERMARKET TOURS FOR DIABETES

A registered dietitian helps individuals with diabetes learn how to enjoy a variety of foods as part of a healthy diet. Provides a unique opportunity for hands-on experience reading food labels, determining portion sizes, deciding which foods are best, learning what to avoid and knowing when you can “bend the rules.” The tour is open to everyone. Reservations are required.

When | Aug. 1

Time | 10:30-11:30 a.m.

Where | Miller's Market, 711 Wooster St., Lodi

Cost | Free

Call | 330.948.5546

Summer Veggie Potato Salad

Green beans, fresh corn and red onion accompany the red potatoes, making this a nutrient-rich summer veggie bonanza.



DIRECTIONS:

1. Put the potatoes in a medium saucepan and cover with cold water by 1 inch. Over medium-high heat, bring to a boil. Reduce the heat to medium and simmer until the potatoes are tender, 15 to 20 minutes. Drain and let cool. Cut the potatoes into bite-size pieces.
2. Fill a medium saucepan with water and bring to a boil. Add the beans and cook until just tender, 3 to 5 minutes. Drain into a colander and immediately run them under cold water to stop the cooking.
3. In a large bowl, combine corn, onion, potatoes, and green beans.
4. In a small bowl, whisk together the vinegar, oil, mustard, salt, and pepper. Drizzle over the salad and sprinkle in the tarragon. Stir the salad and serve.

INGREDIENTS:

- 1 ½ pounds small red potatoes
- 8 ounces green beans, ends trimmed
- 1 cup fresh corn kernels
- ½ of a small red onion, chopped
- 2 tablespoons white wine vinegar
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons whole grain mustard
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons chopped fresh tarragon

NUTRITIONAL ANALYSIS: Serves 4

Calories 232 | Total fat 5 g | Saturated fat 1 g | Protein 6 g | Carbohydrate 44 g
Dietary fiber 6 g | Sugar 7 g | Added sugar 0 g | Cholesterol 0 mg | Sodium 484 mg

Recipe developed by Sara Quessenberry for Cleveland Clinic Wellness

Cole Eye Institute expanding services to Lodi Hospital

Mohinder Gupta, MD, and Ryan Meffley, OD, from Ashland Ophthalmology, will begin supporting the eye clinic at Cleveland Clinic Akron General Lodi Hospital starting in June. They will offer expert ophthalmology care, including cataract surgery, general ophthalmology, optometry, and refraction for glasses and contact lens.

Patients will now have access to the state-of-the-art equipment and specialized care of Cleveland Clinic's Cole Eye Institute, ranked as one of “America's Best” ophthalmology programs and No. 1 in Ohio by U.S. News & World Report.

To schedule an appointment, please call 330.948.3642.



Mohinder Gupta, MD



Ryan Meffley, OD