



SALINE COUNTY EMPLOYEE  
**HEALTH & WELLNESS**  
MONTHLY INFORMATION NEWSLETTER

*"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."*

## CRAZY 8 CHALLENGE

Don't forget to track your points! The Challenge will end Sunday, May 29, 2016. There are 8 categories in which you can receive points:

**1. Water:** 1 point for **every** 8 ounces of water drank during the day

**2. Exercise:** 5 points for every **15 minutes of continual exercise** per day. (For example, 30 minutes of exercise would be worth 10 points). There is a max of 20 points per day.

**3. Sleep:** 1 point for **every night** you sleep 7 hours or more.

**4. Fruit/Vegetable:** 1 point for every 1 cup serving of fruits or vegetables you eat each day.

**5. Alcohol:** 1 point for every day you **do not** consume alcohol. **Subtract 1 point** for every drink you have that one-day.

**6. Tobacco Use:** 1 point for every day you **do not** use a tobacco product.

**7. Relaxation:** 1 point for every day you do something to relax. (For example, massage, read a book, hot bath, yoga, stretching, etc.).

**8. Fast Food/Process Foods:** 1 point for every day you **do not** consume food from a fast food restaurant, or prepackaged foods and foods high in fat and sugar (chips, candy, cookies, pop, packaged snack cakes, etc.).

In order to receive 25 Wellness Points for participating in this challenge you must have at least 1,000 points at the end of the 8 weeks. You need to turn in your log sheet to any wellness committee member by June 1, 2016.

## MONTHLY EDUCATIONAL CLASS

For the month of May, we are lucky to have Dr. Deb Bessler dedicate her time to give a educational presentation on vision care. This presentation will cover the general importance of vision care, and briefly about different diseases that affect the eyes and how genetics can play a part as well. The class will be on **May 5, 2016 at 5:30pm** at the extension office. This presentation will be recorded as well for those of you who can't be in attendance. If you plan on attending please email Elly Reedy or Brandi Kelly so Dr. Bessler can plan accordingly.

### BONUS: 25 WELLNESS POINTS

Answer to April's Question: **D) Pancreas, Insulin**

**According to the American Academy of Dermatology, most people see their first precancerous growths (Actinic Keratoses) on their skin after \_\_\_\_ years of age because of sun exposure.**

- a) 20                      b) 40                      c) 35                      d) 55

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

## NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from April 1 to June 30. (75 Wellness Points)

- Back Injury

## MAY AWARENESS MONTH

The month of May is recognized as Melanoma/Skin Cancer Detection and Prevention Month. Skin cancer is the most common form of cancer in the United States, and it is estimated that one person dies from melanoma **every hour**. The American Academy of Dermatology (AAD) is encouraging everyone to make sure their skin is **“Looking Good in 2016”** by protecting it from the sun’s ultraviolet rays and checking it for signs of skin cancer.

Skin cancer is an abnormal growth of skin cells that most often develops on areas of the skin exposed to the sun’s rays. Skin cancer affects people of all colors and races, although those with light skin who sunburn easily have a higher risk. There are four different types of skin cancer Actinic Keratoses (AK), Basal Cell Carcinoma (BCC), Squamous Cell Carcinoma (SCC), and Melanoma.

AKs are precancerous growths that appear as dry, scaly patches or spots on the skin. Individuals with fair skin, and/or those who have lots of sun exposure to the head, neck, hands and forearms are more likely to develop AKs. An AK can progress to SCC, so treatment is still important, and why checking for signs is important.

BCC is the most common type of skin cancer that looks like a flesh-colored, pearl-like bump or a pinkish patch of skin. BCCs can form anywhere on the body, and develop from years of frequent sun exposure or indoor tanning. BCC can invade the surrounding tissue and grow into the nerves and bones, causing damage and disfigurement.

The third form of skin cancer; squamous cell carcinoma (SCC) is the second most common type of skin cancer. SCC often looks like a red firm bump, scaly patch, or a sore that heals and then re-opens. Like all skin cancers, SCC tend to form on skin that gets frequent sun exposure, specifically the rim of the ear, face, neck, arms, chest and back. SCC can grow deep in the skin and cause damage and disfigurement.

The deadliest form of skin cancer, melanoma, frequently develops in a mole or suddenly appears as a new dark spot on the skin. Early diagnosis and treatment can prevent BCC and SCC, and early treatment of an AK is also important to prevent the AK from forming progressively into SCC. Early diagnosis and treatment for melanoma is crucial, and knowing the warning signs of melanoma can help find an early melanoma!

What to look for when doing self-examination is the **asymmetry** of the mole, look if one half is unlike the other half. Secondly, look at the **border**; an irregular, scalloped or poorly defined border could be a sign for melanoma. If the **color** is varied from one area to another or has shades of tan, brown, black, or sometimes white, red or blue, this is another sign of melanoma. The fourth sign to check for is the **diameter**; melanomas are usually greater than 6 mm when diagnosed, but can be smaller than that! Lastly, check for the **evolution** of the mole. A mole or skin lesion that looks different from the rest or is changing its size, shape or color needs to be checked by a doctor immediately.

For more information please visit: [www.aad.org](http://www.aad.org)