



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

Wellness Newsletter

MAY: Skin Cancer ~ Allergies

P90X-3 and T-25 Interval Training DVD's are at the WC. Call to arrange after hours use (in the WC only)

TIPS FOR PREVENTING SKIN CANCER

Skin cancer is the most common type of cancer in the United States.

Whenever you venture out in the sun, be smart about it. You can enjoy what the sun has to offer without risking your health.

The sun is most dangerous between 10 AM and 4 PM - seek shade. Do not burn. Even a single sunburn will increase your risk of developing melanoma. Use a sunscreen with an SPF of 15 or higher every day. Re-apply to your body every 2 hours. Cover up with clothing, including a

broad brimmed hat and UV blocking sunglasses. Wraparound sunglasses protect your eyes and help prevent cataracts & melanoma of the eye.

Avoid tanning booths. People who use tanning beds have a 69% increased risk of early onset basal cell cancer; and just one session increases the users' chance of developing melanoma by 20%.

Keep infants and young children out of direct sunlight to prevent a burn. Just one severe burn in childhood doubles the chance of devel-

oping melanoma later in life. Put hats on your babies and kids!

Examine your skin head-to-toe every month. Look for changes of any kind and report them to your doctor. Survival rate for melanoma increased from 49% (1950's) to 92% now with early detection.

Be smart! See your physician every year for a professional skin cancer exam. Regular total-body check ups are the best way to make sure your skin is healthy and stays that way.

(References: skincancer.org; cdc.gov, American Academy of Dermatology)

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What's Happening?

The CMC Health Dept is holding two "Choose Your Cover Events" this summer. **June 28: OC Music Pier 10AM-1PM and July 12: Cape May Conv. Hall 10AM-1PM**

HEALTHY EATING SERIES
May 20th at the RUTGERS Ext. Ctr ~ "Pack A Healthy Lunch". Time: 5 pm.
Class fee \$5.00. Registration is required: cmcwellness.org

We are forming a "HEART WALK" Team to support the American Heart Assoc. May 17th (see attached flyer). Get your co-workers, friends & family to come along. Where: 6th St & OC Boardwalk Time: 9 AM. Call 465-1087 to sign up.



IT'S ALLERGY SEASON . . . again!

As flowers, trees, weeds, and grasses begin to blossom, pollen levels increase. Spring showers trigger more mold growth inside and outside of your home. And spring cleaning will also stir up dust mites throughout the house. Here are some things to remember:

- KEEP POLLEN UNDER CONTROL—To tame pollen, wash bedding every week in hot water. Since pollen can accumulate in hair, wash your hair and shower before going to bed.
- CLEAN EVERY SURFACE—Wear a mask and gloves when cleaning, vacuuming, or painting to limit dust and chemical exposure. Vacuum and dust often.
- WASH RUGS—Limit throw rugs to reduce dust and mold. Make sure your rugs are washable. When coming in from outside, take your shoes off at the door.
- KEEP INDOOR AIR CLEAN—Keep windows closed to reduce pollen from entering the house. Change filters in the air conditioning units and vents frequently.
- Follow your physician's instructions regarding taking your allergy medication. (source: WebMD)



Congrats to Lisa Alderfer from the Library for winning the grand prize raffle in our Race Across America contest. Lisa said "we had so much fun doing this and I logged 811 miles!"

Thanks for your great ideas Lisa!

www.CMCWellness.org

Sign up for a free employee Health Clinic at the Wellness Center Need more info? Contact the WC at 465-1087.

Pre-Registration is required: www.cmcwellness.org