

Wednesday, August 19, 2009 - NO NOON MEETING

"Annual Picnic, 6:00 - 8:00 PM @ Lincoln Drive Park"

BRING THE FAMILY OR CO-WORKERS FOR A RELAXING EVENING AT THE PARK

Health and Wellness Tips from Truyu Aesthetic Center.....a part of Altru Health System

• **The Signs of Skin Cancer**

Skin cancer occurs in a number of ways. If you notice any of the following signs or symptoms, see your doctor as soon as possible.

- A new growth on the skin of an adult that does not disappear in four weeks.
- An open sore or wound that refuses to heal, persists for more than four weeks, or heals and later reopens.
- Any skin spot or growth that continues for four weeks to itch, hurt, crust over, form a scab, erode or bleed.
- A skin lesion that grows larger and turns brown, black or multicolored.
- A mole, birthmark, or beauty mark that changes in size, color or texture or becomes irregular in shape. Change in color or contour is dangerous in a mole.

• **Skin Cancer Prevention**

Skin cancers are usually the result of damage to the skin cells by years of sun exposure. Sun damage is cumulative. We never escape the effect of any sunshine we are exposed to at any time of our lives. It all keeps adding up. Premature aging of the skin is also caused by too much sun. Common sense precautions can prevent further damage.

- Avoid outdoor activities during peak sunlight hours - 10:00 am to 3:00 pm.
- When in the sun, wear a hat and cover up as much as possible.
- Use a sunscreen with a Sun Protection Factor (SPF) of at least 15 on all exposed skin. Reapply often, particularly if swimming or perspiring. Don't be fooled by cloudy or overcast days - damaging radiation can still get through. People with light complexions who do not tan easily or those whose family history of skin cancer should be especially careful about excessive sun exposure.
- Beware of light reflecting surfaces such as sand, snow and water, which magnify the potential harm to skin. Use special caution at high altitudes and near the equator, where the effect of the sun is stronger.
- Avoid tanning booths and sun lamps. The ultraviolet (UV) light they emit is just as injurious to the skin as is the sun.

• **Know Your ABCD's of Skin Cancer**

1. **Asymmetry** - moles that are not perfectly round, one half does not equal the other half in regard to size and shape.
2. **Border** - an irregular, jagged or blurred border.
3. **Color** - uneven or different colors in a mole or any of the colors red, white blue or black.
4. **Diameter** - moles larger than 5 or 6 millimeters, approximately the size of a pencil eraser.

A pigmented lesion with one or two or three of these characteristics is not necessarily a melanoma; however, it would warrant evaluation by a dermatologist. At the same time melanomas may develop without any of these characteristics. A good rule of thumb is any mole with any of the ABCD's or any mole that has changed (i.e. color, shape, size, itching, or pain) should be evaluated by a dermatologist. Another good rule of thumb is that everyone should have a complete skin examination by a dermatologist at least every three years between the ages of 20 and 40 and every year after age 40 (more often if you have a personal or family history of skin cancer or other risk factors).

"HAPPY BIRTHDAY"

CHECK YOUR BIRTHDAY SUIT ON YOUR BIRTHDAY. . . IF YOU NOTICE ANYTHING CHANGING, GROWING, OR BLEEDING ON YOUR SKIN, SEE A DERMATOLOGIST. SKIN CANCER IS VERY TREATABLE WHEN CAUGHT EARLY! Thank you Amy Shimek for your wonderful presentation at our June meeting!

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH/6:00-8:00 PM. GRAND FORKS PARK DISTRICT, 1210 7TH AVENUE SOUTH
NEXT MEETING → July 9th

- **STEP UP TO THE PLATE AND BRING ONE HOME FOR YOUR TEAM!** If you are interested, in serving on the NOSHA Board, please contact Annette Shane at ashane@gfparks.org or 701-787-2816.
- **SAVE THE DATE!** Our "Safety & Security in the Workplace" mini-conference is now set for Tuesday, October 6, 2009 at the Clarion! Stefan Salmonson will be our Keynote Speaker.....*More info to come!!!*

BOARD MEMBERS

- Carol Gierszewski (President)*
- Steve Harken (Vice President)*
- Tim Bailly (Treasurer)*
- Tracy Cameron (Secretary)*
- Todd Brady ♦ Robert Hewitt*
- Cedric Masa ♦ Eric Pearson*
- Annette Shane ♦ Joe Strang*

COMMITTEES

Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- COMING SOON.....On-Line Registration for the 2009 NOSHA Mini-Conference @ www.nosha.net !!!

Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- **September 16, 2009**
- "Employee Wellness Program", Todd Brady and Vicki Ham, Marvin Windows, Grafton
- **October 21, 2009**
- "Hazardous Waste Removal", Tim Krile, Safety Kleen, Fargo
- **November 18, 2009**
- TBD

Membership Committee

(Davis Hoverson)

★ 60+ MEMBERS STRONG...and GROWING!

THANK YOU STEVE HARKEN AND EERC FOR SUPPLYING DOOR PRIZES FOR OUR JULY MEETING!

