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## SUN PROTECTION AND SKIN HEALTH

### TIPS FOR SHIELDING AGAINST SUN DAMAGE

With temperatures on the rise and the sun shining brighter, you might notice yourself enjoying the perks of extra sunlight, like a better mood, reduced stress, increased vitamin D levels, and even improved sleep. But, while spending time in the sun has its perks, it's important to be cautious. Spending too much time in the sun can cause sunburns, speed up aging of the skin, and even increase the chance of getting skin cancer. So, while enjoying the sun's warmth, it's smart to protect our skin to stay healthy and safe.

While no single sun protection method can offer perfect protection, incorporating a variety of methods into your daily routine can greatly increase your

chances of avoiding skin damage. Some of these methods are listed below:

- **Cover Up** - Clothing can provide a great barrier against the sun's ultraviolet (UV) rays. Its protection is consistent over time and doesn't wear off like sunscreen does. Covering more skin with a hat, long sleeves, and pants provides increased protection. Also wearing UV-blocking sunglasses will protect your eyes and the skin around them.
- **Know Your Sunscreen** - Sunscreens come in many formulations and delivery methods, and it can take trial and error to find the one you like best. [The Skin Cancer Foundation](#) advises everyone to use a broad-spectrum sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher. Reapply every two hours or after swimming or sweating.
- **Sun Protection for Children** - It's best in the first six months to [keep infants out of the sun](#) rather than use sunscreen on their sensitive skin. Clothing should cover baby's vulnerable arms and legs, and don't forget to use hats, sunglasses, and stroller sun shades. In addition to providing a protective hat and clothing, you can apply sunscreen to children starting at six months.
- **Look Out for Windows** – One place you might not think about when it comes to UV Ray exposure is in your car. While glass blocks [UVB rays](#) pretty well, it allows UVA rays to pass through. Car windshields are treated to shield drivers from most UVA rays, but side, back and sunroof windows usually aren't. When you're in your car, protect yourself and your family with hats, clothing, sunglasses, or sunscreen. Another option is to have [UV-protective window film](#) applied to windows, in your car or at home.

- **Avoid Tanning Beds** - Indoor tanning (even one time) raises the risk of all kinds of skin cancer, including melanoma. In fact, [using a tanning bed before age 35](#) increases your risk of melanoma by 75 percent.
- **Self-Exam** - One in five Americans will develop skin cancer by the age of 70 which is why early detection is crucial. The Skin Cancer Foundation recommends that all adults do monthly skin self-exams and see a dermatologist annually, or more frequently if they see something suspicious or have risk factors. Continue reading for self-exam tips.

By adopting these practices, you can enjoy the sun safely while minimizing the risks to your skin health. Additionally, [CancerBridge](#) offers support for those facing a cancer diagnosis, providing personalized assistance regardless of where you are in your journey – whether newly diagnosed, undergoing treatment, or in survivorship. Accessible through a toll-free number, you can connect with certified oncology nurses who will address your concerns and, if necessary, arrange for a specialist in your specific cancer to provide further guidance. Confidentiality is guaranteed, and the service is open to employees and their immediate family members. Simply call **855.366.7700** anytime between 8 a.m. and 8 p.m. Monday through Friday.

**LEARN MORE ABOUT  
CANCERBRIDGE**



## HOW TO PERFORM A SKIN SELF-EXAMINATION

### IDENTIFYING SUSPICIOUS SIGNS

Early detection is crucial in the treatment of skin cancers. Self-exams offer a simple yet effective method to monitor changes in your skin and potentially save your life. Surprisingly, experiencing

five or more sunburns doubles your risk for melanoma, highlighting the importance of prioritizing sun protection and regular skin checks.

Recognizing the warning signs of skin cancer can be challenging, but it becomes easier with awareness. Understanding the [ABCDEs of melanoma](#)—asymmetry, border irregularity, color variation, diameter or darkening, and evolution of the lesion—can aid in identifying suspicious spots during self-checks.

To perform a comprehensive skin self-exam, follow these steps recommended by the [American Academy of Dermatology](#):

- Examine your body in a full-length mirror, including the front, back, and sides with your arms raised.
- Pay close attention to areas like the forearms, underarms, fingernails, palms, legs, feet, toes, toenails, and soles of the feet.
- Utilize a hand mirror to inspect the back of your neck, scalp, and backside.
- Document your self-examination using resources like the [AAD's body mole map](#) or the [How to SPOT Skin Cancer™ infographic](#).

If you see something new, changing, or unusual, get checked by a dermatologist right away. This includes:

- A growth that increases in size and appears pearly, transparent, tan, brown, black, or multicolored.
- A mole, birthmark or brown spot that increases in size, thickness, changes color or texture, or is bigger than a pencil eraser. [Learn the ABCDEs of melanoma.](#)
- A spot or sore that continues to itch, hurt, crust, scab, or bleed.
- An open sore that does not heal within three weeks.

Skin cancer can affect individuals of all ages, races, and nationalities. Certain factors, such as fair skin, a history of sunburns, personal or family history of skin cancer, excessive sun exposure, and numerous moles, may increase your risk. If you notice any suspicious changes on your skin or have concerns, consult a dermatologist for evaluation and possible treatment.

Remember, early detection is key to effective

treatment. Trust your instincts and seek medical attention if you observe any new or unusual signs that align with the ABCDEs of melanoma. You might also see your primary care provider, but dermatologists are skin care experts. Be sure to bring a list of the questionable areas on your body and be prepared for some possible hands-on assessment.

### FIND AN IN-NETWORK PROVIDER



## THE ROLE OF DIET IN SKIN HEALTH

### ENHANCE YOUR GLOW FROM THE INSIDE OUT

There are many benefits to eating healthy, from providing energy and nutrients, to boosting immunity and lowering risk of disease. Maintaining a healthy diet isn't just about keeping your body in shape; it's also about nurturing your skin. While diet alone may not fully remedy skin conditions, prioritizing the intake of [antioxidants and anti-inflammatory foods](#) can potentially enhance skin health when combined with proper hydration, hygiene, and skincare practices. Certain foods can lead to radiant skin and overall wellness when incorporated into your diet. Here's why:

- **Nourishment from Within:** Your skin acts as a mirror reflecting your internal health. When you fuel your body with nutritious foods, it shows on your skin. Vitamins, minerals, and antioxidants found in fruits and vegetables provide essential nourishment, aiding in cell regeneration and repair.
- **Boosted Immunity:** [A well-rounded diet](#) strengthens your immune system, helping your body fend off infections and inflammations that can manifest on your skin. By including immune-boosting foods like berries and leafy greens, you equip your body with the tools it needs to maintain healthy skin.

- **Fight Inflammation:** [Chronic inflammation](#) is often linked to skin conditions like acne, eczema, and psoriasis. Anti-inflammatory foods such as fatty fish, nuts, and colorful vegetables can help mitigate inflammation, potentially improving the appearance and health of your skin.
- **Antioxidant Powerhouses:** Antioxidants shield your skin from harm caused by [free radicals](#), which speed up aging and cause various skin problems. Fruits and veggies like yellow, orange, and red ones, along with berries, are packed with antioxidants. They fight oxidative stress and keep your skin lively and healthy.
- **Hydration:** [Proper hydration](#) is crucial for flushing out toxins, maintaining skin elasticity, and preventing dryness and wrinkles. While water is essential, many fruits and vegetables also contain high water content, contributing to your overall hydration levels.
- **Skin Repair and Regeneration:** [Nutrient-dense foods](#) like tomatoes, beans, and leafy greens provide the building blocks your skin needs for repair and regeneration. These foods are rich in vitamins A, C, and E, as well as minerals like zinc, which play key roles in skin health.

Incorporating these skin-loving foods into your diet doesn't have to be complicated. Try adding a variety of colorful fruits and vegetables to your meals, snacking on nuts and berries, and incorporating fatty fish into your weekly menu. Remember, consistency is key. Over time, you may notice improvements in your skin's appearance and overall health, all thanks to the power of a healthy diet.

Struggling with good nutrition? Or need someone to help keep you on track and motivated toward reaching your goals? Trained health coaches are right at your fingertips through ThriveOn. Simply register for the web portal at [fccThriveOn.com](http://fccThriveOn.com), complete the Online Health Assessment and you will be provided with Health Coaching options based upon your unique needs. Questions about Health Coaching? Call the Helpline at **1.888.255.0162**.



## UPLIFT HER: EMPOWERING WOMEN OF COLOR

THURSDAY, JUNE 20, 2PM-7PM

Join Deputy County Administrator Joy Bivens as the Honorary Chair for the 4th Annual Uplift Her Women's Health Day, presented in collaboration with the National Pan-Hellenic Council of Columbus. [UPLIFT HER](#) invites you to a transformative health and wellness experience dedicated to empowering women of color to prioritize their well-being.

This event is more than just a gathering—it's an opportunity for participants to connect with a diverse network of healthcare professionals, community partners, sponsors, and advocates.

Explore comprehensive resources:

- Screenings for heart health and diabetes management.
- Mammograms and educational sessions for breast health.
- Cervical cancer screenings and women's wellness education.
- Assessments and education on lung and colorectal health.
- Maternal and infant health education, including safe sleep resources.
- Cognitive assessments and mental wellness education.
- Information and opportunities for organ, tissue, and blood donation.
- Youth mentorship activities for ages 13-17.

Join us today, from 2pm to 7pm at [St. Charles Preparatory School](#) for a day dedicated to women's wellness. [Register now for Women's Wellness Day!](#)

# ATTEND AN UPCOMING WEBINAR

Join us every month for a series of engaging educational webinars brought to you by Franklin County Cooperative and ThriveOn, featuring a diverse range of topics including nutrition, financial support, health-related discussions, and much more from our trusted vendors.

Enrich

### Public Service Loan Forgiveness Webinar

Wednesday, June 26 at 12pm

As a public sector employee, you may qualify for Public Service Loan Forgiveness, which, if used correctly, forgives a portion of your student loan debt after 10 years. Enrich will talk about the qualifications, how to get the most debt forgiven, tips and tricks, and more!

[REGISTER NOW >](#)

Healthy Lifestyle Programs

### The Non-Diet Approach to Health

Thursdays, July 11-25 | 5-5:45pm | Complete 2 of 3 sessions for credit

Dive into how to leave the cycle of dieting and fuel your body with nutritious foods that also satisfy! Learn to identify what a non-diet approach looks like, discover practices to promote your health over a lifetime and gain freedom from the restrictive nature of diet culture.

[REGISTER NOW >](#)

OhioHealth

### Menopause Info Session and Q&A with Dr. Koffler

Thursday, July 25 from 11:30am - 12:30pm

Menopause can be a challenging and confusing process to navigate. Join obstetrician-gynecologist, Dr. Elizabeth Koffler as she shares valuable insight into the intricacies of menopause. Together, hear evidence-based recommendations and expert advice on transitioning into this new stage of life, leaving you feeling empowered and confident. Don't miss this opportunity to learn more and participate in a Q&A session at the end. Join in person in Meeting Room A on the 1st floor of Government Tower (369 S. High St) or register to join virtually.

[REGISTER NOW >](#)

# NURSE'S NOTES

FROM YOUR  **UnitedHealthcare** HEALTH ENGAGEMENT NURSES  
June 2024

Did you know prostate cancer is the second most common cancer among men in America affecting about 1 in 9 men? There are certain risk factors that may increase your risk of prostate cancer. While many of these risk factors may be beyond your control, it's important to be aware of them. Early detection is important - if you are over age 50 and average risk or under age 50 with risk factors, you might want to consider asking your doctor about getting routine screenings for prostate cancer.

Risk factors:

- **Older age:** most common after 50.
- **Race:** Black men have a greater risk of prostate cancer.
- **Family history:** If you have a relative who has been diagnosed or has the gene associated with a greater chance of getting breast cancer, you may be at higher risk.
- **Diet:** substantial amounts of dairy may increase your risk due to a hormone called insulin like growth factor.
- **Obesity:** may put you at risk and increase your chance of recurrence.

Think you may have [symptoms of prostate cancer](#)? Schedule a visit with your primary provider. If they feel something suspicious during that exam or see a high PSA (Prostate specific antigen) level on your latest test, you may get some diagnostics done (like an ultrasound, MRI, or biopsy) to learn more. If it turns out you have prostate cancer, your doctor may refer you to a urologist or oncologist to discuss treatment options. You also have access to CancerBridge through your ThriveOn Wellness Programs. [CancerBridge](#) provides access to cancer experts and evidence-based health information focused on cancer support, prevention, and the importance of early detection screenings.

Your UnitedHealthcare Health Engagement Nurses are available to help you and your family with many healthcare situations such as finding a primary care physician, support and education for disease prevention and management, and helping you achieve your personal health goals. See more information about Nurse Therese and Nurse Brittany, including how you can contact them, below!



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