

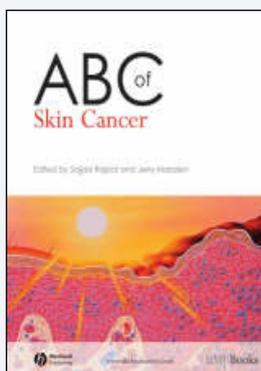
BLOW THE WHISTLE ON SKIN CANCER



Did you know that up to 90% of skin changes that people think are related to aging are actually from the sun? Skin damage, called photo-aging, not only contributes to wrinkles, it can also cause loose or sagging skin or a loss of elasticity and firmness. It may also give your skin a leathery texture or cause spots and unevenness in color. The good news is that your dermatologist has treatments to help you actually repair skin damage!

Some people are at higher risk for skin cancer than others. Print this e-mail and check off the risk factors below that apply to you and take it to your dermatologist to discuss your risk and what you can do now to save your skin.

- Have freckles and burn before tanning
- Have fair skin or blond, red, or light brown hair
- Were previously treated for skin cancer or have a family history of skin cancer, especially melanoma
- Live or vacation at high altitudes (UV radiation increases 4% to 5% for every 1,000 feet above sea level)
- Live or vacation in tropical or subtropical climates
- Work indoors all week and then get intense sun exposure on weekends
- Spend a lot of time outdoors
- Have certain autoimmune diseases, such as systemic lupus erythematosus (SLE, or "lupus")
- Take medicines that lower your immunity



To stay on top of your health and wellness, see links below for our selection of recommended reading listed with Amazon.com. This month's reading selections are:

ABC of Skin Cancer (ABC Series) (Paperback)
by Sajjad Rajpar (Author), Jerry Marsden (Author)

The New Science of Perfect Skin: Understanding Skin Care Myths and Miracles For Radiant Skin at Any Age (Hardcover)
by Daniel Yarosh (Author)

Sources: American Cancer Society at www.cancer.org and The Office on Women's Health at www.4woman.gov

To discover how each decade of your life is an opportunity for renewed health, please visit spiritofwomen.com/lifestages.html



Blow the Whistle on Skin Cancer is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

